

REST FOR THE WEARY

December 06, 2015 Various texts by Ben Skeat
Staying Free, part 11

MAIN IDEA: Rest and contentment are a gift from God to his people

Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. **Exodus 20:8-11**

There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest. **Hebrews 4:9-10**

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace **Isaiah 9:6**

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light." **Matthew 11:28-30**

Rest is one of the unifying themes of scripture

Old Testament: God creates world. Then rests (Gen 2:1). Sin enters the world, one of consequences is restlessness (Gen 3:19).

God calls a people to himself, gives it laws and rest makes the top 10 (Exodus 20:8-9).

Throughout history of Israel Gods promise through prophets is rest his people under his rule (eg. Josh 21:44-45, Psalm 23, Ezek 34:15, Isa 30:15, Jer 6:16), even as they consistently choose otherwise (Psalm 95:10-11).

God promises to send a messiah (redeem, lead, restore)- one of his titles will be the Prince of Peace (Isa 9:6, Isa 53:6)

New Testament: Prince of peace is come. He says things like: come unto me and I will give you rest (Matt 11:28-30).

Hebrews invites us to enter in to the Sabbath rest that God has for his people (Heb 4).

Paul speaks about the rest that comes under the rule of God (God of peace) in Phil 4, then goes on to say that he has learned contentment not in a system of thought, or rules, or hidden knowledge, but in the person of Christ (Phil 4:13).

The story of scripture ends with a picture of Gods people entering the time of rest that will never end (Rev 21:3-4)

Rest= Safe/Secure (eg Josh 21:44-45) and refreshed/cared for (eg. Psalm 23)

ALWAYS an outworking of right relationship with God

1) God is the creator of rest and the giver of rest

Sabbath: entering into Gods gift of rest

How can you intentionally set time aside to enter into Gods rest?

2) The rest that God offers is found in Jesus alone

Not knowledge about, relationship with ("Come to me, learn from me")

Mary/Martha (Luke 10:38-42): Don't just do something, sit there!

Are there any areas of your life that you need to yield to Jesus way?