Rest

Core 52 – Week 4

27 January 2021

"Come unto me all you who labor and are heavy lade, and I will give you rest."
Matthew 11:28

What

Creation Rest

Genesis 2

Rest in the Land

Deuteronomy 3:20; 12:8-10; 2 Samuel 7; 1 Kings 5, 8

Sabbath Rest

Exodus 20:8-11; 23:12; Leviticus 25

Faith-filled Rest

Hebrews 3:7-4:13; Matthew 11:28-30; Revelation 14:13-14; 2 Thessalonians 1:7;
Acts 3:19-20; Matthew 12:1-14

Why

God rested and He said that rest is important

Colossians 2:16-17

Your body is weak and needs to recharge

Matthew 8:23-25; Mark 14:37-38

You make poor decisions when you are tired

Genesis 25:29-34

You cannot effectively serve others when you are exhausted

Rest enables you to reflect, realign and refocus on what is important

Proverbs 14:8

How

Reflect on things that are just, pure and pleasing

Philippians 4:8

Imagine a future that transcends the current problems of this world

Colossians 3:1-4

Reframe current troubles as small within an eternal timescale

2 Corinthians 4:17-18

If there is a solution to fix all of life's problems and it is not Jesus; repent of it!

Reflect on whether adding daily rest practices will be helpful

Reflect on a weekly rest practice that helps you refocus on God

Consider other rest practices that help you refocus on God either seasonally or annually

Divert daily, withdraw weekly, abandon annually – Rick Warren