



A Theology of Rest



Genesis 1:31 - 2:3

31 Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day.

1 Thus the heavens and the earth, and all the host of them, were finished.

2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.



**God rested because He saw
that it was worth doing so.**



Just as we find our worth in the work we do, we also establish our worth in the rest we give ourselves.



Exodus 20:8-11

8 "Remember the Sabbath day, to keep it holy.

9 Six days you shall labor and do all your work,

*10 but the seventh day is the Sabbath of the LORD
your God. In it you shall do no work: you, nor your
son, nor your daughter, nor your male servant,
nor your female servant, nor your cattle, nor your
stranger who is within your gates.*

*11 For in six days the LORD made the heavens
and the earth, the sea, and all that is in them,*

and rested the seventh day. Therefore the LORD



God who instituted work also
instituted time for rest.



Rest honors God. It is an act of worship toward God.



Rest for our spirit, soul and body are intertwined (inter-related).



When any part of us is "tired" and "worn out" the other areas of our life are also affected in some way.



A) Coming to a place of
quietness and confidence in the
Lord

Isaiah 30:15



B) Waiting on the Lord - being
in His presence with our
attention on Him

Isaiah 40:28-31



C) Speaking in Tongues

Isaiah 28:11-12

D) Being in a Place of Faith

Faith works and faith also rests

(James 2:26 Hebrews 4:1,3,9-

11)



Resting in the Lord as our Shepherd

Psalm 23 Psalm 37:7

Psalm 116:7

Matthew 11:28-30



God's promises

Psalm 4:8 Psalm 127:2

Proverbs 3:24

Ecclesiastes 5:12



- *Pressure to perform*
- *The drive for success*
- *The god of mammon*
- *Work as an escape route*
- *Getting busy in ministry*



- ✓ God instituted rest.
- ✓ Rest honors God - is an act of worship toward God.
- ✓ Rest establishes self-worth.



- ✓ Rest ensures time to refocus and establish dependence on the Lord.
- ✓ Rest ensures refreshing and renewal.



- ✓ Rest is an act of faith.
- ✓ When any part of us is "tired" and "worn out" the other areas of our life are also affected in some way.



- ✓ Renew yourself spiritually, emotionally and physically.
- ✓ Rest ensures longevity.



- ✓ Get regular times of rest - daily, weekly, annually.
- ✓ Pace yourself.
- ✓ Saying "No" in order to rest, is not wrong.