

Rest

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2:1 (NLT)

Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. Then the Lord will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the Lord, have spoken!

Isaiah 58:13-14 (NLT)

1. Resting was made for us.

And Jesus concluded, "The Sabbath was made for the good of human beings; they were not made for the Sabbath."

Mark 2:27 (GNT)

2. Resting needs to be consistent.

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, 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. 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 (NIV)

3. Resting helps you recalibrate priorities.

1. God

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:33 (NIV)

2. Spouse

Wives, understand and support your husbands in ways that show your support for Christ. Husbands, go all out in your love for your wives, exactly as Christ did for the church—a love marked by giving, not getting.

Ephesians 5:22, 25 (MSG)

3. Kids

Children are a gift from the Lord; they are a reward from him. Children born to a young man are like arrows in a warrior's hands.

Psalms 127:3-4 (NLT)

4. Ministry/Relationships

You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name.

John 15:16 (NLT)

5. Job

Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people.

Colossians 3:23 (GNT)

6. Entertainment

4. Resting quiets our soul.

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

Psalms 23:1-3 (NIV)

O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. O Israel, hope in the Lord from this time forth and forevermore.

Psalms 131:1-3 (ESV)

Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.

Matthew 11:28-30 (NIV)