

PART 2

Rest & Relax

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10 December 2023



A wide waterfall cascading down a mossy cliff. A person stands at the base of the waterfall, arms raised, providing a sense of scale. The water is white and frothy, contrasting with the dark, mossy rock. The sky is bright and overcast.

Introduction

A wide, powerful waterfall flows down a dark, moss-covered cliff. The water is white and frothy as it falls. At the base of the waterfall, a small figure of a person stands with their arms raised, providing a sense of scale. The background is a dark, overcast sky.

Road Map

a. The Sanctity of Rest

b. How Should We Rest

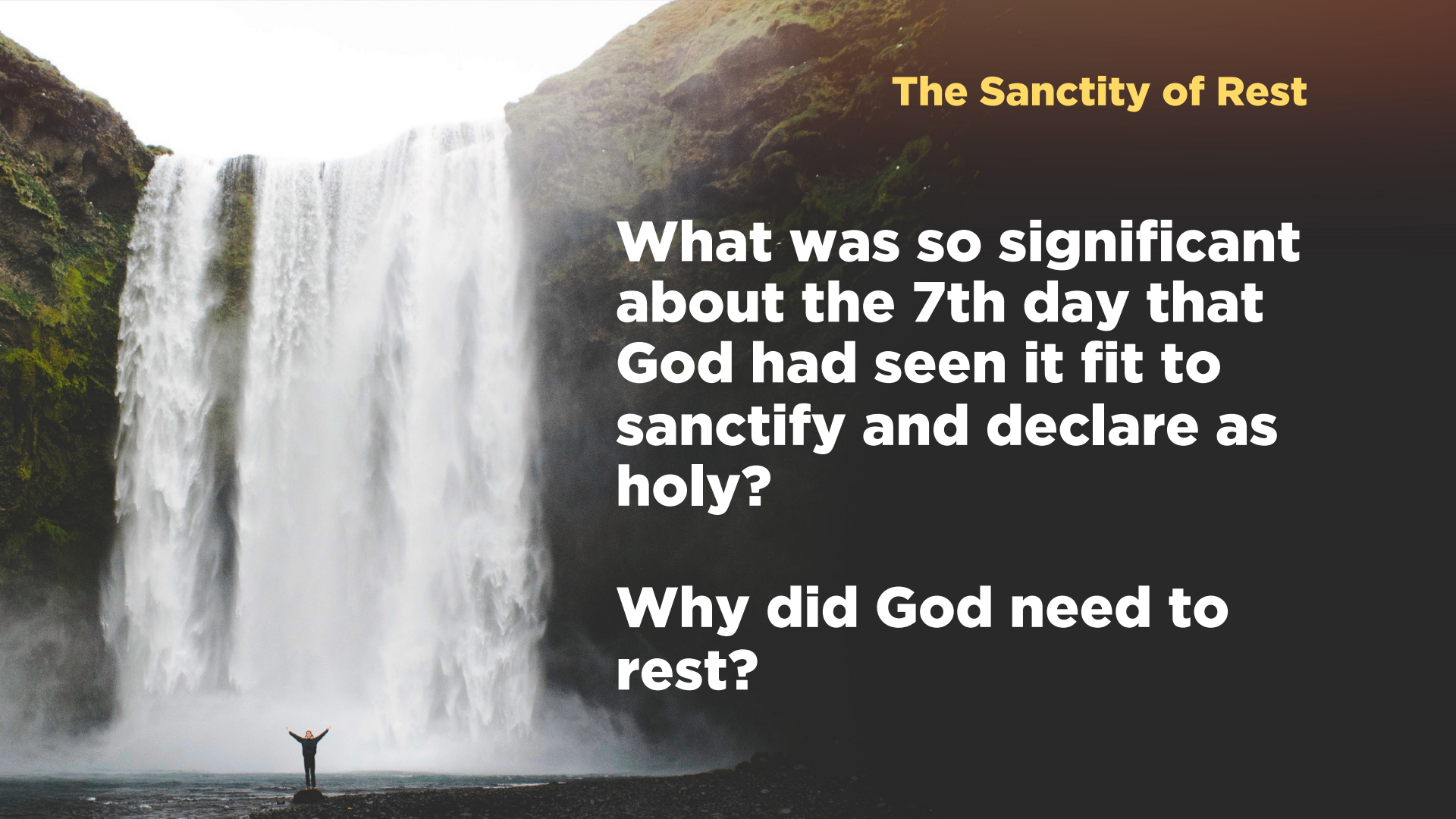
A wide, powerful waterfall cascades down a dark, moss-covered cliff. The water is white and frothy as it falls. At the base of the waterfall, a small figure of a person stands with their arms raised in a gesture of awe or triumph. The surrounding landscape is rugged and green. The overall mood is one of natural grandeur and personal achievement.

The Sanctity of Rest

GENESIS 2:1-3 (NASB)

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.

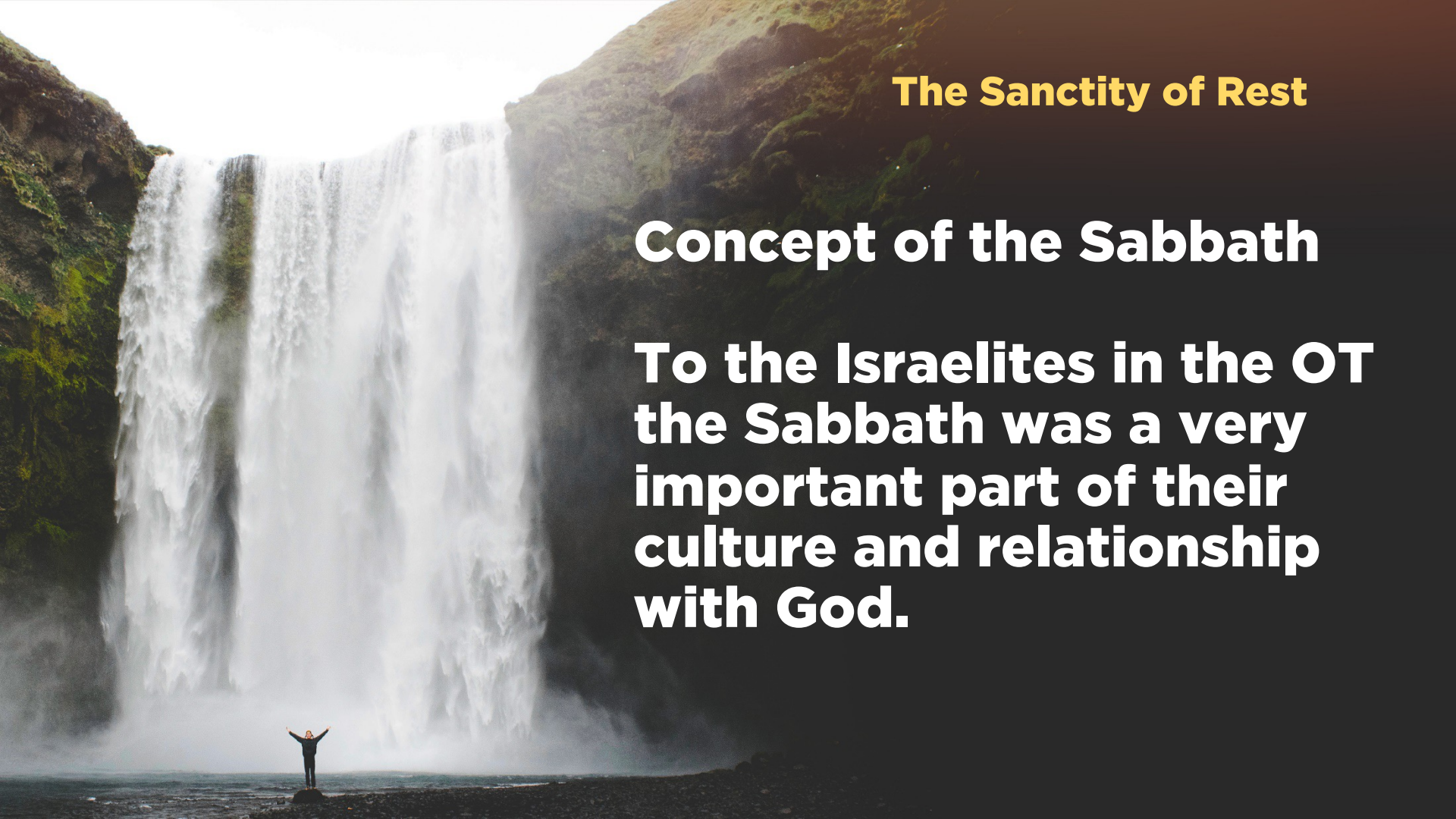


A wide, powerful waterfall flows down a dark, moss-covered cliff. At the base of the falls, a small figure of a person stands with their arms raised, providing a sense of scale to the massive water feature. The scene is set against a bright, overcast sky.

The Sanctity of Rest

What was so significant about the 7th day that God had seen it fit to sanctify and declare as holy?

Why did God need to rest?

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The Sanctity of Rest

Concept of the Sabbath

**To the Israelites in the OT
the Sabbath was a very
important part of their
culture and relationship
with God.**

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The Sanctity of Rest

**In the 4th
Commandment, God
commanded the
Israelites to remember
the sabbath day and to
keep it holy.**

EXODUS 20:8-11 (NASB)

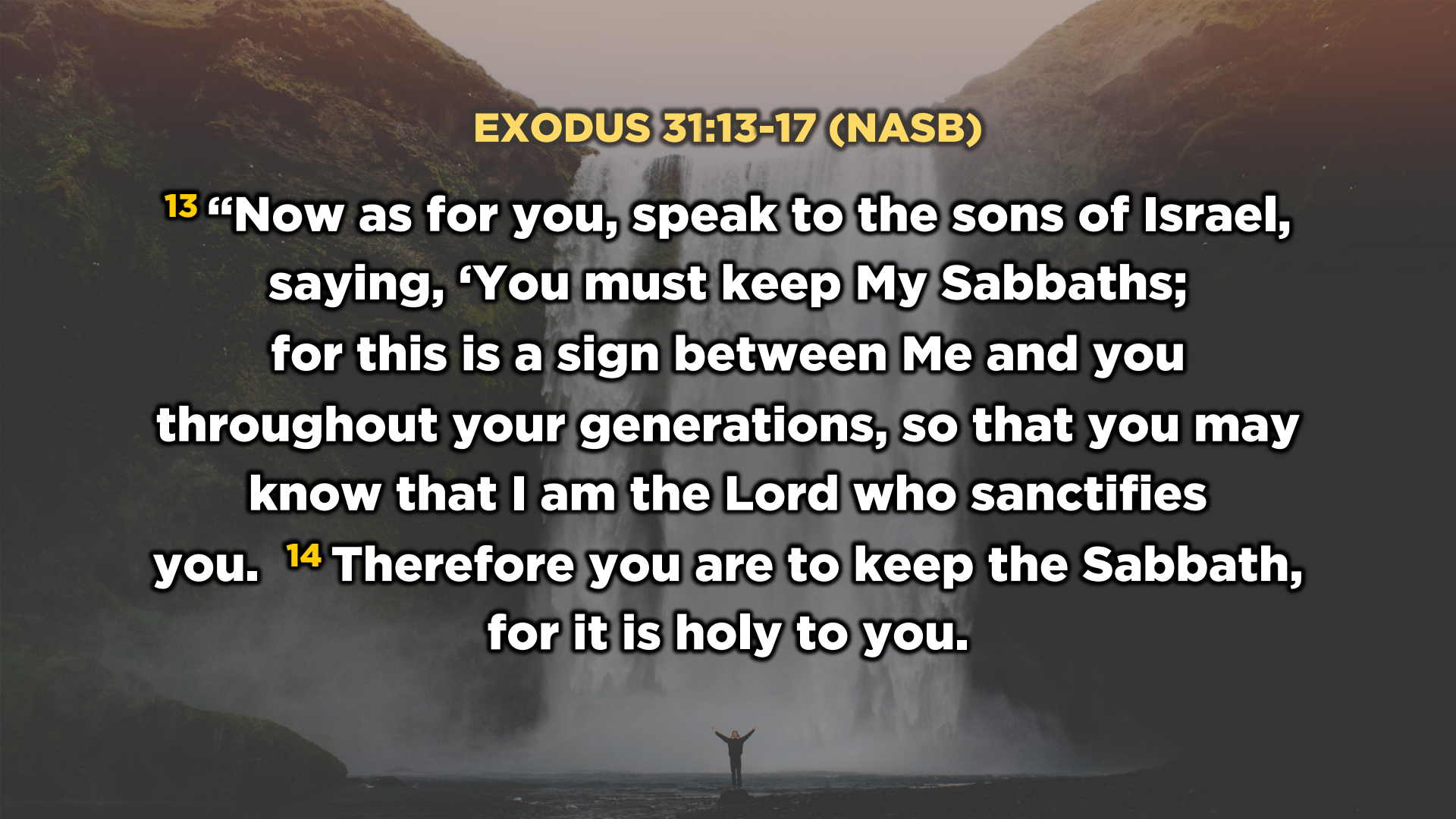
Remember the Sabbath day, to keep it holy. ⁹ For six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath of the Lord your God; on it you shall not do any work, you, or your son, or your daughter, your male slave or your female slave, or your cattle, or your resident who stays with you.



A person stands on a small rock in the foreground, arms raised in a gesture of praise or awe, looking up at a massive, powerful waterfall cascading down a dark, rocky cliff. The scene is dramatic, with the water creating a large spray of mist at the base. The overall tone is majestic and inspiring.

EXODUS 20:8-11 (NASB)

11 For in six days the Lord made the heavens and the earth, the sea and everything that is in them, and He rested on the seventh day; for that reason the Lord blessed the Sabbath day and made it holy.

A person stands on a dark rock in the foreground, arms raised in a gesture of praise or awe. Behind them is a massive, wide waterfall cascading down a rocky cliff. The scene is set in a rugged, mountainous landscape with steep, moss-covered slopes. The lighting is soft, suggesting an overcast day or early morning/late afternoon. The overall mood is one of natural grandeur and spiritual reflection.

EXODUS 31:13-17 (NASB)

13 “Now as for you, speak to the sons of Israel, saying, ‘You must keep My Sabbaths; for this is a sign between Me and you throughout your generations, so that you may know that I am the Lord who sanctifies you. **14** Therefore you are to keep the Sabbath, for it is holy to you.

EXODUS 31:13-17 (NASB)

Everyone who profanes it must be put to death; for whoever does any work on it, that person shall be cut off from among his people. ¹⁵ For six days work may be done, but on the seventh day there is a Sabbath of complete rest, holy to the Lord; whoever does any work on the Sabbath day must be put to death.



EXODUS 31:13-17 (NASB)

16 So the sons of Israel shall keep the Sabbath, to celebrate the Sabbath throughout their generations as a permanent covenant.’ **17** It is a sign between Me and the sons of Israel forever; for in six days the Lord made heaven and earth, but on the seventh day He ceased from labor, and was refreshed.”





The Sanctity of Rest

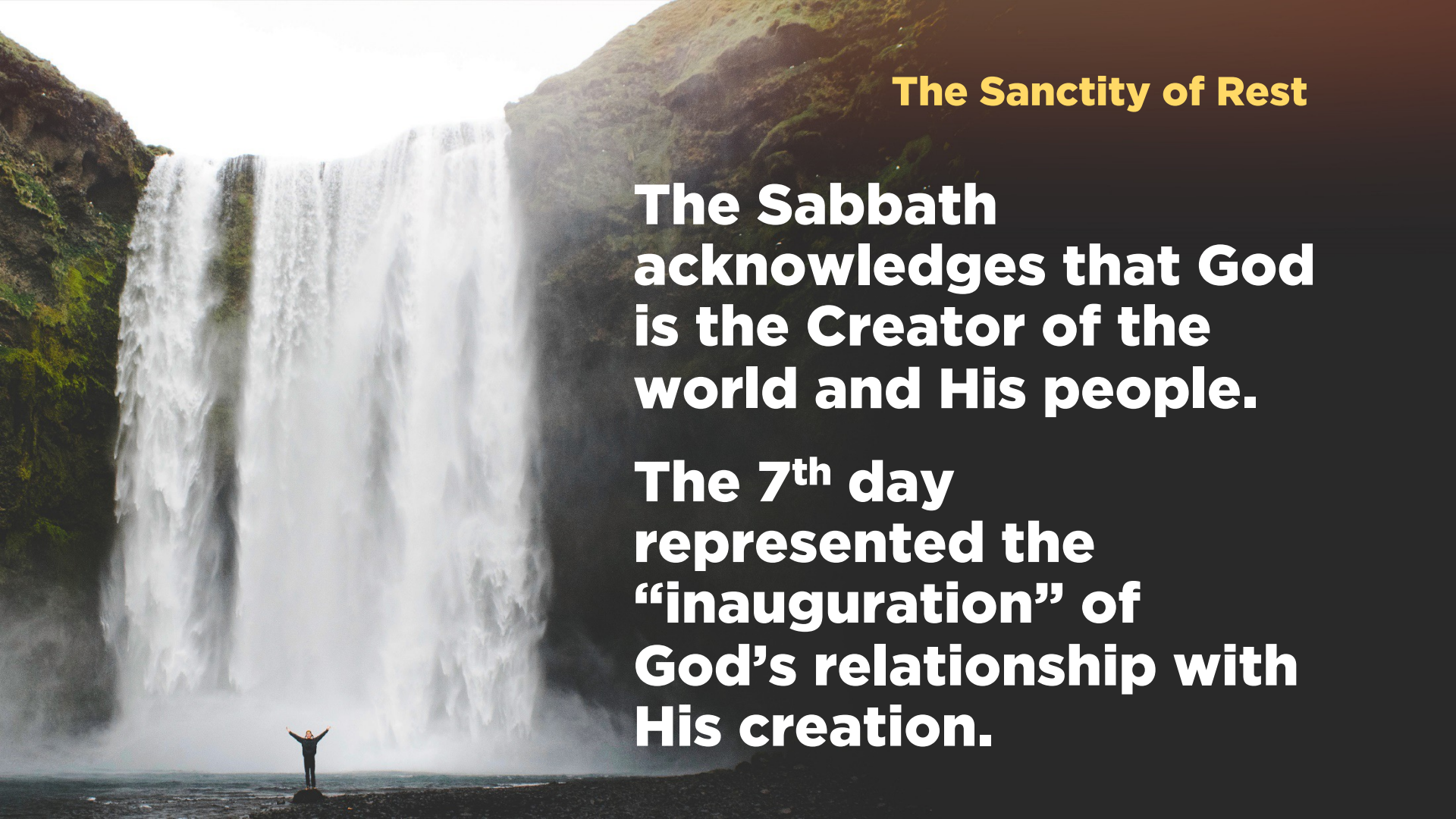
2 key points:

- Sabbath rest is an eternal sign of God's relationship with the Israelites.
- God rested from His labour on the 7th day of creation and was refreshed.

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The Sanctity of Rest

**The Sabbath
represents the essence
of God's relationship
with His people.**

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The Sanctity of Rest

**The Sabbath
acknowledges that God
is the Creator of the
world and His people.**

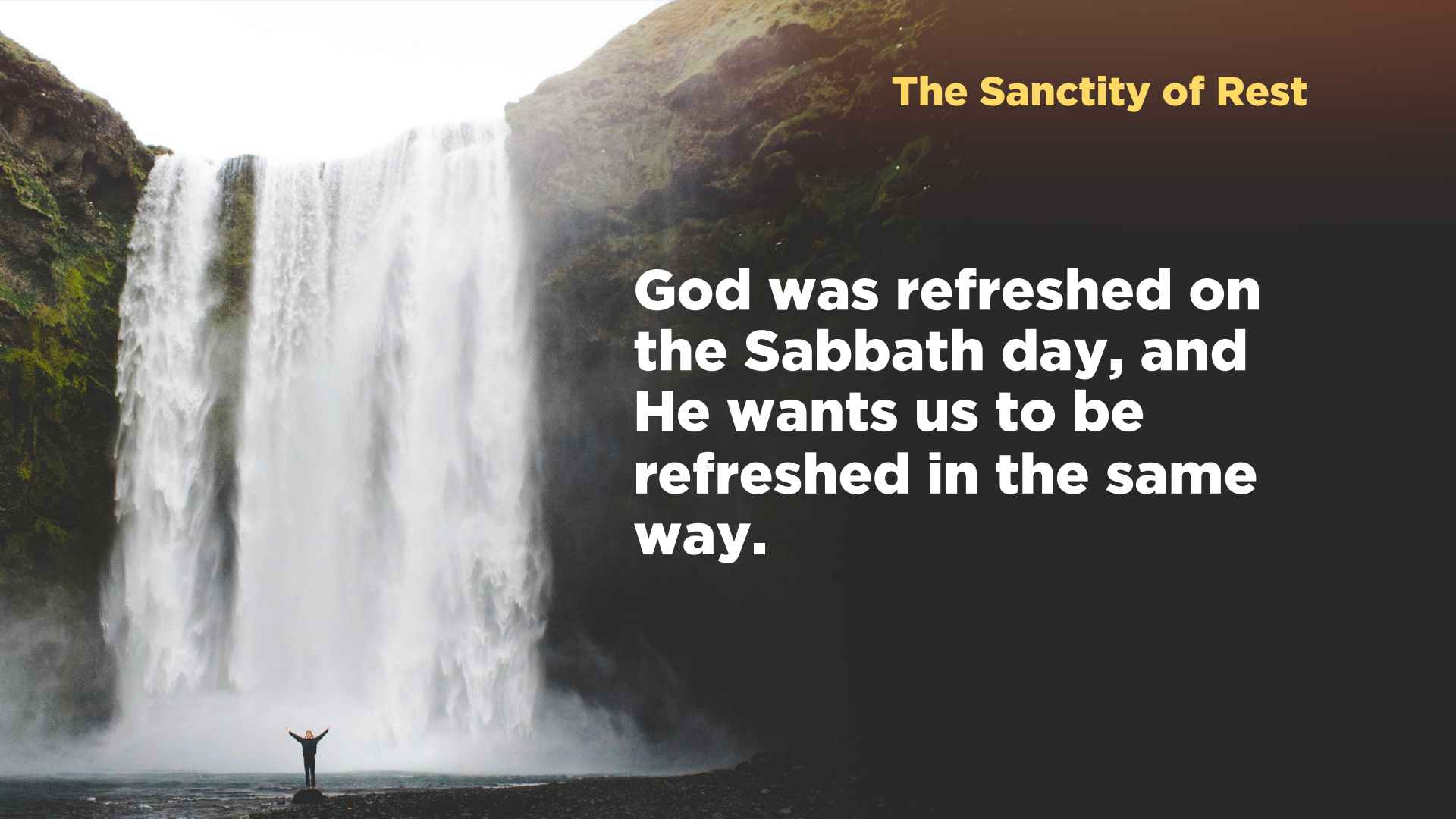
**The 7th day
represented the
“inauguration” of
God’s relationship with
His creation.**

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The Sanctity of Rest

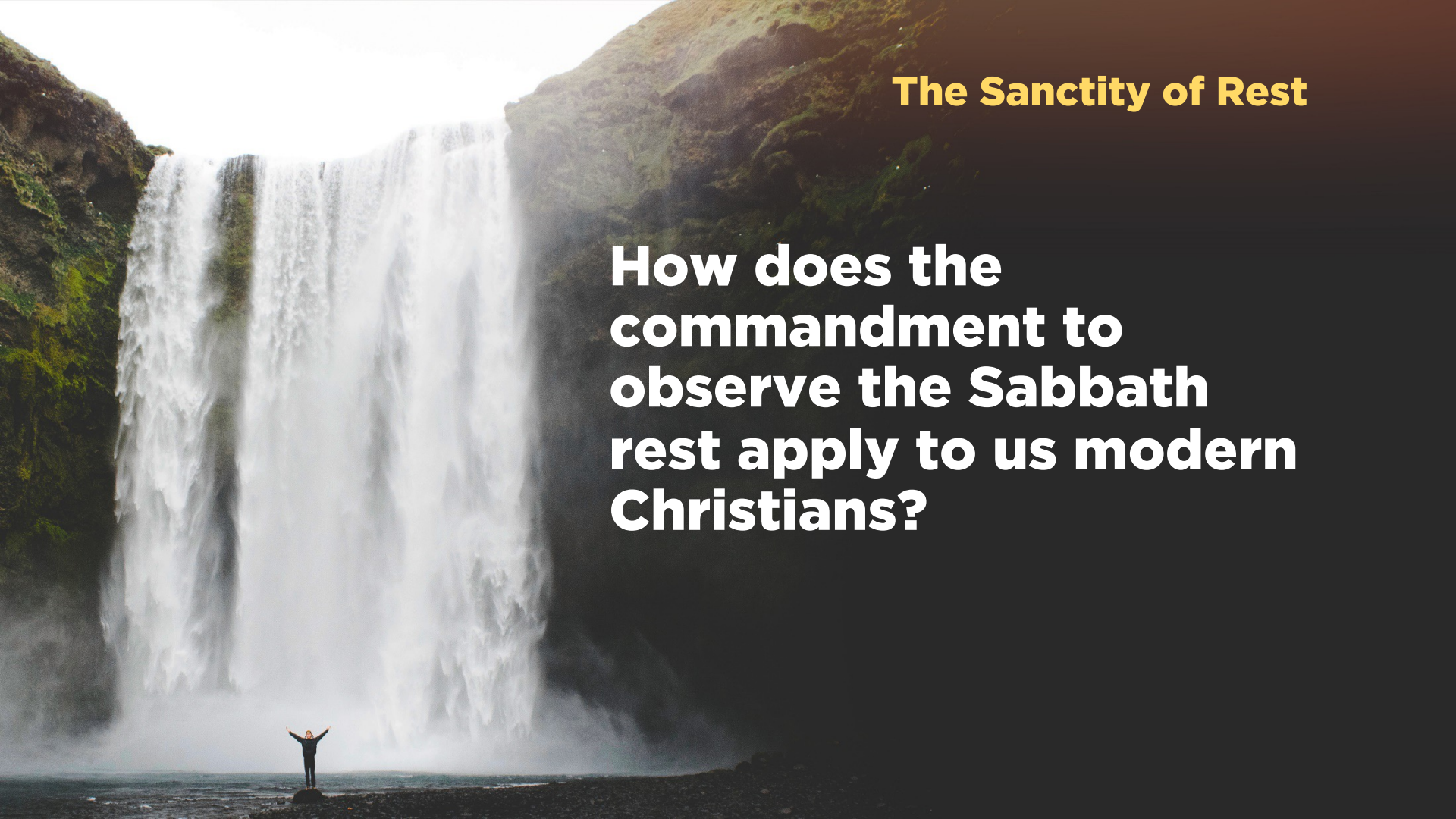
**The Sabbath represents
the nature of our
relationship with God.**

**A relationship with God
is a relationship of rest
and restedness.**

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The Sanctity of Rest

**God was refreshed on
the Sabbath day, and
He wants us to be
refreshed in the same
way.**

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The Sanctity of Rest

**How does the
commandment to
observe the Sabbath
rest apply to us modern
Christians?**

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The Sanctity of Rest

**Jewish laws
concerning the
Sabbath no longer
applies.**

**Concept of the
Sabbath, however,
remains relevant.**

HEBREWS 4:9-11 (NASB)

Consequently, there remains a Sabbath rest for the people of God. ¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His. ¹¹ Therefore let's make every effort to enter that rest, so that no one will fall by following the same example of disobedience.



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The Sanctity of Rest

**God's rest requires
obedience and faith on
our part.**

**It requires spiritual
discipline.**

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The Sanctity of Rest

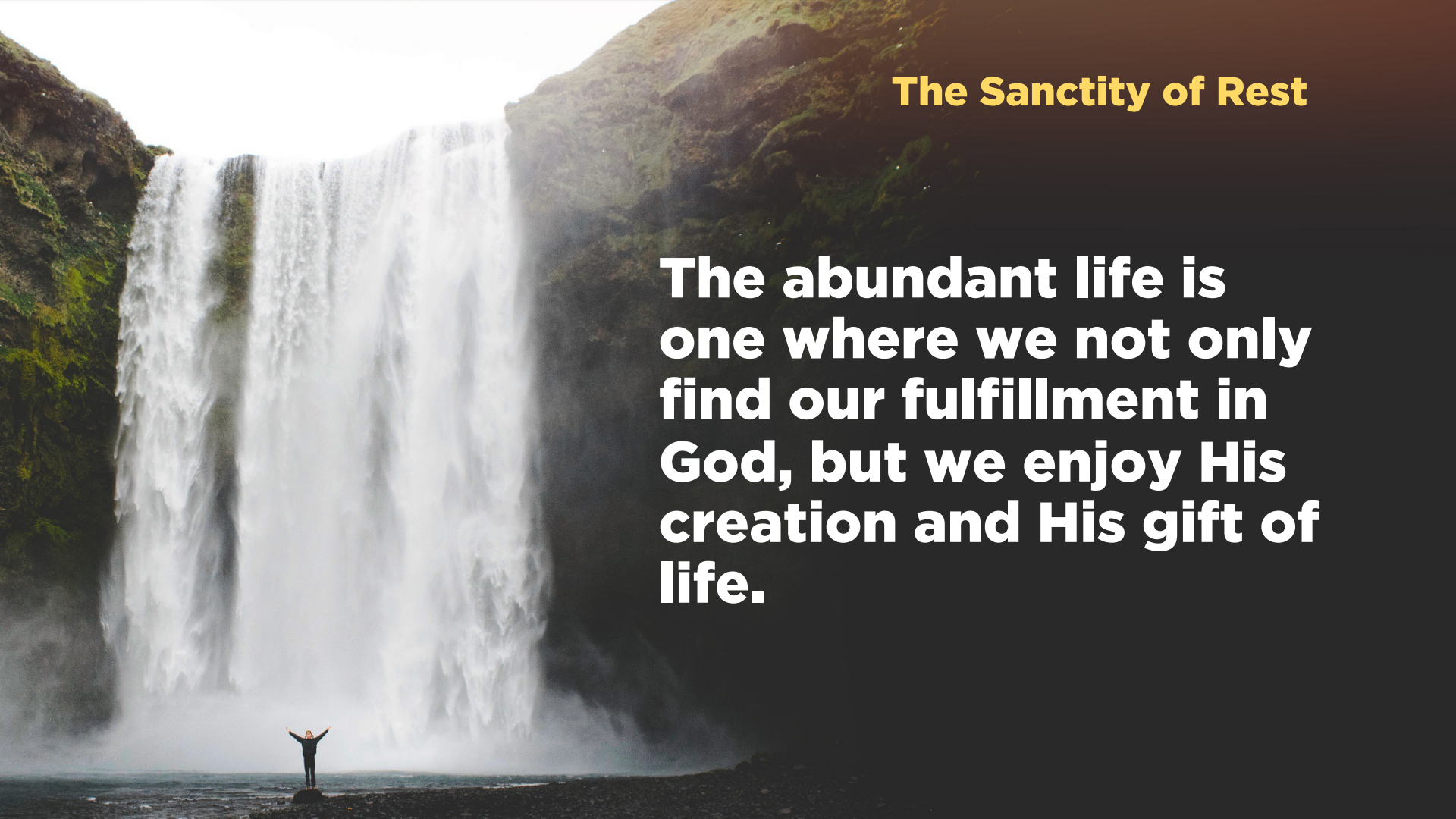
**We are commanded by
God to rest.**

**We have to be mindful
of how we rest.**

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The Sanctity of Rest

We seldom view our rest in the same way as we view our work or other important things in our lives.



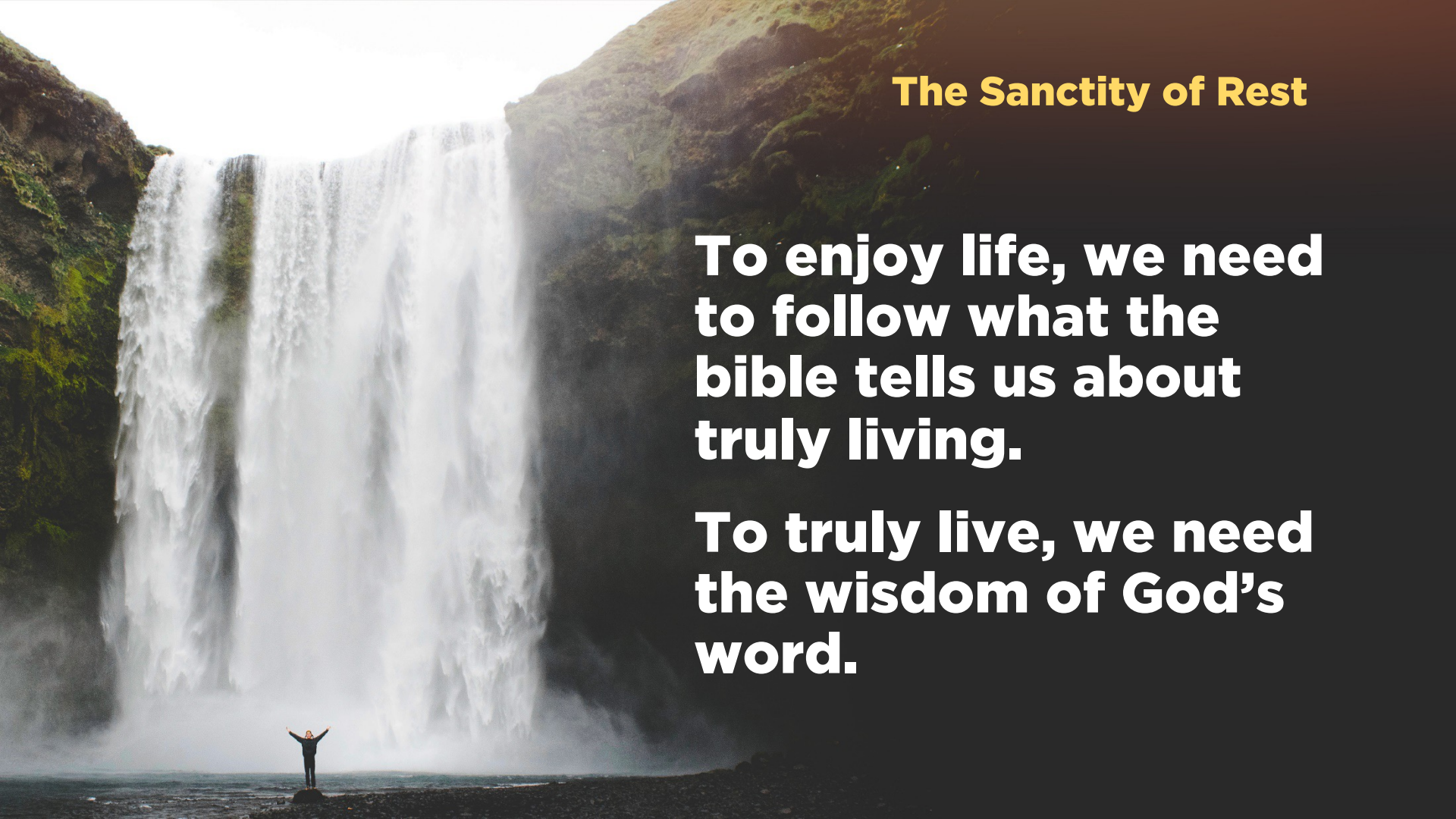
The Sanctity of Rest

The abundant life is one where we not only find our fulfillment in God, but we enjoy His creation and His gift of life.



The Sanctity of Rest

**Restedness comes
about when one learns
how to enjoy life the
way God has meant us
to.**



The Sanctity of Rest

**To enjoy life, we need
to follow what the
bible tells us about
truly living.**

**To truly live, we need
the wisdom of God's
word.**

How Should We Rest



How Should We Rest

God rested on the 7th day.

God commanded the Israelites to observe sabbath rest on the 7th year and after 7 cycles of Sabbath years, they are to observe the Jubilee.



How Should We Rest

Structuring Rest

- **We should structure rest into our routine and schedules.**
- **Have fixed regular rest time and guard those time as much as possible.**



How Should We Rest

Structuring Rest

Finding it impossible to have a fixed routine of rest?

- a. Squeeze time out for rest.**
- b. Watch your time usage.**
- c. “Create” time by improving your work productivity.**



How Should We Rest

Structuring Rest

- **If you are in a season of extreme busyness beyond your control - set a time frame.**
- **No matter how busy we are there must be time for rest.**



How Should We Rest

Quality Rest

- **The things we do for rest.**
- **We need to have a “balanced diet”.**



How Should We Rest

➤ Quality Rest

- a. Devotional rest**
- b. Aesthetic rest**
- c. Avocational rest**
- d. Relational rest**
- e. “Do whatever you want”**



How Should We Rest

Quality Rest

Devotional rest - setting aside time for personal reflection and contemplation.

- Daily devotion**
- Personal retreats**



How Should We Rest

Quality Rest

**Aesthetic rest is about
enjoying God's creation.**

**Aesthetic rest also
include enjoying the
Arts.**



How Should We Rest

Quality Rest

Avocational rest - engaging in our hobbies.

Spending time and energy in the honing of relevant skills.

Incorporate avocational rest with serving in church ministries.



How Should We Rest

Quality Rest

**Relational rest is
spending time with our
friends and loved ones.**



How Should We Rest

Quality Rest

We should plan some time where we just do whatever we feel like doing.



How Should We Rest

Quality Rest

If you incorporate these 5 types of rest in your life, you will find that your rest time becomes more **meaningful** and **satisfying**.



Conclusion

Rest is an important part of our lives as believers.

We need to structure rest into our routines.

We also need to practice quality biblical rest.



A wide, powerful waterfall cascades down a dark, moss-covered cliff. At the base of the falls, a person stands on a small rock in the water, arms raised in a gesture of prayer or awe. The scene is misty and atmospheric, with the text 'Let Us Pray' centered over the waterfall in a bold, red font with a white outline.

Let Us Pray