

# REST

WHAT THE BIBLE SAYS ABOUT REST

<sup>8</sup>“Remember the Sabbath day by keeping it holy. <sup>9</sup>Six days you shall labor and do all your work, <sup>10</sup>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.”

Exodus 20:8-10 (NIV)

**REST IS A PROMISE**

**The Sabbath is a promise: if we treat time as holy, He will bless what we do with our time.**



“Judaism is a religion of time aiming at the sanctification of time. Unlike the space-minded man to whom time is unvaried, to whom all hours are alike, qualitiless, empty shells, the Bible senses the diversified character of time. There are no two hours alike. Every hour is unique and the only one given at the moment, exclusive and endlessly precious. Judaism teaches us to be attached to holiness in time, to be attached to sacred events, to learn how to consecrate sanctuaries that emerge from the magnificent stream of a year. The Sabbaths are our great cathedrals.”

*Abraham Joshua Heschel, “The Sabbath”*

**Sabbath:** “to stop” or “to delight”; it has a dual meaning of stopping and enjoying God and our lives in His world. The Sabbath is time set aside to follow God’s example, to stop and delight.

**The Sabbath is a gift to be honored conscientiously, not legalistically.**

# **The Puritans' Principles of Sabbath:**

- 1. Preparation Must be Made for the Lord's Day**
- 2. Public Worship Must be Central on the Lord's Day**
- 3. The Family Must Function as a Religious Unit on the Lord's Day**
- 4. The Pitfalls of Legalism and Pharisaism Must be Avoided in Regards to the Lord's Day**

“Sabbath-keeping means action, not inaction. The Lord’s Day is not a day for idleness. Idleness is a sin everyday: but much more on the Lord’s Day. We do not keep the Sabbath holy by lounging around doing nothing. We are to rest from the business of our earthly calling in order to prosecute the business of our heavenly calling. If we do not spend the day doing the latter, we fail to keep it holy.”

Matthew Henry



# The Most Popular Fast Food Chains

(based on average sales per location)



To God, work is sacred and rest is also sacred.



“People who keep sabbath live all seven days differently.”

*Walter Brueggemann*

**Christians are meant to work from rest as opposed to work to rest.**

**We Stop to Reflect**

**We stop working to reflect on God and His  
goodness to us.**

**You can't reflect if you don't stop.**

<sup>10</sup>“Be still, and know that I am God...

Psalm 46:10 (NIV)



“The true reason why the power of Godliness has fallen so low is because the Sabbath is no more strictly and conscientiously observed.”

- *Thomas Brooks*

**We Stop to  
Remember**

<sup>10</sup>He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” <sup>10</sup>The Lord Almighty is with us; the God of Jacob is our fortress.

Psalm 46:10-11 (NIV)



# GRATITUDE'S REST



*Would you know who is the greatest saint in the world? It is not he who prays the most or fasts the most, it is not he who lives the most, but it is he who is always thankful to God, who receives everything as an instance of God's goodness and has a heart always ready to praise God for it.*

*William Law*





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