Let's Talk About: Rest

Are you able to rest?

That is kind of an odd question. All of us get some sleep each night. We all go to bed and get some "rest." However, are you getting rest?

Are You Really Resting?

When most of us think of rest, we think of sleep. We may even define rest as a time free from activity or labor. However, when God talks about rest, He is talking about peace of mind and spirit. So, are you getting rest?

Read Matthew 11:28-30. What does Jesus call us to do?

What does He promise to give us?

The Greek word for rest means to refresh or take care of. When Jesus tells us that He will give us rest, He is telling us that He will refresh us, renew us, take care of us.

Recently, you had a lesson on anxiety. What are some anxieties depriving you of rest? What do you need Jesus to take care of so you can rest?

The truth is that many of us are not resting well at all. Sleep is not the solution. We are looking for peace, to be refreshed in our minds and spirits, but are finding it difficult to attain that. Is this true for you? What is standing in the way of your rest?

Rest Is Necessary

Rest is a necessity for each of us. Even God rested. We are told in Genesis 2:2-3 that after God created everything, that He rested on the seventh day. He modeled the need for rest.

The Ten Commandments required that each person rest on the seventh day. That the Sabbath was a time to relax and "refresh." Many focused solely on resting from their labor, but God wanted them to use this as an opportunity to renew their spirits and their minds. Are you taking time to renew your spirit?

What are some ways that you could do that?

Our Rest Is in Jesus

For thousands of years, people have argued about which day is the Sabbath. Many believe it is Saturday. Others believe it is Sunday. They are trying to uphold the Sabbath.

The Hebrew word *Shabbath* means to cease or rest. The purpose of this was to stop one's labor or activity and focus on his or her faith and community. This was done on a specific day, but the Sabbath had a greater meaning than this. This day was given so that people could become renewed. Several important regenerative cycles happen in your body every seven days. You need rest!

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This is the physical part of your rest. You need to give your body some time to regenerate, but your spirit regenerates in a different way. Read Hebrews 4:9-11. What do these verses explain?

Understand that the writer spent the first three chapters discussing how everything about Jesus is superior to the old covenant. Now, he explains that Jesus is the fulfillment of the Sabbath, something He proclaimed when He said that He was the "Lord of the Sabbath (Matthew 12:1-14)."

Our rest is no longer in a day but in God Himself. We need to find the rest that only Jesus provides, that rest that He declared we would find in Matthew 11:28. So, what do you think it means to rest in Jesus?

Look at Matthew 11:28-30 again. Jesus made some very bold statements about what He provides when we come to Him with our burdens. These are promises from God. So, what does Jesus promise to us?

What does He mean when He said that we will find "rest for your souls?"

What do you think He meant when He said that His "yoke is easy and my burden is light?"

Jesus promises to reduce the strain of our burdens. He promises to bring a piece that goes beyond our understanding to each one of us when we come to Him. Think about the things that you are anxious about. How can Jesus remove those anxieties?

Rest in Your Future

Most are anxious about what will happen in a future time. They worry about relationships, financial success, career path, and children. It is understandable to be worried about these things. How can you take these issues and rest in Jesus?

Many things are already assured to you. We have learned the promises that God has for you? How can you rest on those promises?

In a previous lesson, you read 1 Peter 5:7. Read this again. What does Jesus tell us to do when we are feeling anxious, when we lack rest?

He tells us to cast our anxieties on to Him. Stop in your lesson. Pray for God to bring rest upon each one of you. Ask God to give you the rest that you need for a specific anxiety you are feeling.

Did stopping to pray help you to find rest in that moment?

Make a commitment that you will "rest in Jesus." That when you feel anxiety and worry you will stop and pray.

Your Memory Verse: Matthew 11:28 – **28 Come to me, all who labor and are heavy laden, and I will give you rest.**

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