

In this series we will focus on learning the rhythms of effort and rest displayed in the Bible. Our goal is to better understand our own rhythms, why we do what we do and compare them with the rhythms proposed to us by God. We will highlight the many ways in which we adopt a hurried and hasty life in our efforts to pursue an unhurried, holy life that God invites into.

Regular Rhythmic Rest

Genesis 2:1-3 (NIV) - 1Thus the heavens and the earth were completed in all their vast array. 2By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3Then 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 2:15 (NIV) - The LORD God took the man and **put him** (yanah) in the Garden of Eden to work it and take care of it.

Rest:

- **sabat** (sabbath) – rest, cease, desist, remove, leave, suffer to be lacking, cause to fail, celebrate, to keep.
- **nuah & yanah**– rest, settle down, remain, dwell, open space; to cause to rest, to give rest to, to give alight.

Shalom & Trust:

Relational trust and shalom has always been at the heart of God's Sabbath offering and invitation, but we struggle to embrace and receive it.

Rejection of Rest/Peace – Antitrust

- Adam and Eve
- Cain
- Noah
- Israel (Ezekiel 20:12-13, Jeremiah 17:27)

God *still* chooses to *ruah* his presence in creation, even as we reject and rebel against Him.

Garden – Tabernacle – Temple – Jesus – Holy Spirit – Church

Jesus is our rest:

Matthew 11:28-12:14 (NIV) - 28 "Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light." 12:1At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. 2When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath." 3He answered, "Haven't you read what David did when he and his companions were hungry? 4He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. 5Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? 6I tell you that something greater than the temple is here. 7If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. 8For the Son of Man is Lord of the Sabbath." 9Going on from that place, he went into their synagogue, 10and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, "Is it lawful to heal on the Sabbath?" 11He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? 12How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath." 13Then he said to the man, "Stretch out your hand." So he stretched it out and it was completely restored, just as sound as the other. 14But the Pharisees went out and plotted how they might kill Jesus.

Colossians 2:16-17 (NIV) - 16Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. 17These are a shadow of the things that were to come; the reality, however, is found in Christ.

Hebrews 4:1-12 (NIV) - 1Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. 2For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. 3Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.'" And yet his works have been finished since the creation of the world. 4For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works." 5And again in the passage above he says, "They shall never enter my rest." 6Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, 7God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted: "Today, if you hear his voice, do not harden your hearts." 8For if Joshua had given them rest, God would not have spoken later about another day. 9There remains, then, a Sabbath-rest for the people of God; 10for anyone who enters God's rest also rests from their works, just as God did from his. 11Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. 12For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Observations and Applications:

For Small Group Discussion: Matthew 11:28-12:14

- What stood out to you personally from the message? Explain
- Read Matthew 11:28-12:14 & Hebrews 4:1-12. What stands out to you most about these passages regarding rest?
- What is your greatest challenge in finding regular rhythmic rest?
- What are the consequences of not resting as God prescribes and describes?
- What is one next step you can take in trusting God and receiving his rest?