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## Rest - The Rhythm of Creation

1. **Goal:** True rest requires trusting God
  - a. Contrast: Imitation-rest ultimately leaves me more tired and worn than before
2. **The Beginning of Rest** - Genesis 1:1 (ESV) "In the beginning God created the heavens and the earth."
  - a. And then - starting in verse 3 - we watch as **God creates in 7 days**
    - i. In **Day 1**: God works and speaks light and darkness, and for the first time we see a rhythm of rest built into creation: **the day**
    - ii. In **Day 4**: God works and creates the sun, moon, and stars "for signs and for **seasons**" ("Seasons" can mean "appointed times")
    - iii. In **Day 6**: God works and creates mankind in his image and places mankind into his creation with the role of reigning with Him.
    - iv. On **Day 7**: **God rests**. The rhythm of the **7 day week**

Genesis 2:1-3 (ESV) "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation."

- b. **Temptation and The Fall**
  - i. Adam and Eve are tempted to **not trust** in their Creator and to believe a different narrative... and **the result is exile** from the land of rest
- c. **New Rhythm: Sin - Enslavement - Trust - Rescue - Rest**
  - i. God chooses one man to engage in relationship with and make a covenant with: **Abraham**
    1. God promises Abraham the promised land would be a place of abundance and safety if the Israelites kept God's commands...
      - a. **trust = rest**
  - ii. **Israel is enslaved**
    1. Slavery is you have to work without rest... you have no choice.
  - iii. **New Rhythm: the 7th day: Sabbath**
    1. Weekly Sabbath
      - a. [Read Exodus 20:8-11]
        - i. Why? Imitate God's 7th day rest
      - b. [Read Deuteronomy 5:15]
        - i. Why? To remember your rescue from slavery
  - iv. **Yearly Rhythms:**
    1. **7 Feasts** - You rest and celebrate the bigger story of what God has done and is doing... often with not working
    2. **The 7th year** - Even the land rests (see Leviticus 25)
    3. **Year of Jubilee: 7x7=49** - Slaves released and debts canceled
  - v. What is the purpose of all of these?
    1. Point back, point forward, and participate in that rest now
  - vi. **Kadesh Barnea**
    1. They fail to enter the promised land (God's rest - abundance and provision) because of a lack of trust
      - a. And God swore to them "You will not enter my rest"

vii. **The Arrival of a New Rest:** Jesus

Luke 4:18-19 (ESV) "The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor.

1. [Read] Hebrews 4:1-11

**Believers Today:**

1. We are not under the old covenant
  - a. Keeping of the Sabbath is not a requirement to enter into the Jesus family that consists of all nations
    - i. Acts 15 - Jerusalem Council, Colossians 2:16, Romans 14:5
  - b. However, though it is not a requirement (law of the Sabbath), the 7th day rest existed before the law, and all of history is pointing towards the fulfillment of the 7th day rest, so the invitation (gift) to enjoy that rest now remains
    - i. To take time to:
      1. **Refocus** - my time is not my own but is subject to the rule and reign of God
        - a. Read God's word, sing to a worship playlist, journal, pray
        - b. Imitation-rest challenge: Put away your phone for a day
      2. **Reconnect** - in relationship with God and family
        - a. Thank God as a family, be alone with God, play a boardgame with your children, eat a family meal
        - b. Imitation-rest challenge: Are you trying to be numb?
      3. **Recreate** - my identity is not my role or my productivity
        - a. Remind yourself of who you are
        - b. True-rest challenge: Think through who you are even if your role in life changed.
      4. **Rely** - on the promises of God for survival and nourishment
        - a. Jesus and Temptation (Matthew 4)
        - b. True rest challenge: With the 2024 election in mind, what promises are you resting in?
      5. **Recharge** - physically and emotionally regaining strength
        - a. Nap, hike in God's nature, taking a bath
        - b. True-rest challenge: What is one godly way you enjoy recharging? Can you plan to make that happen?

**Small Group Questions:**

1. What is one of your favorite ways to recharge emotionally and physically?
2. What is an imitation-rest that you sometimes go to when you are tired or worn?
3. Why did God give the Sabbath to the Israelites? (Read Ex. 20:8-11, Deut. 5:15)
4. What is one way that God is asking you to apply this message about rest?
5. Read Hebrews 4:1-11. What is the author's hope that the readers will do?