

Why Is Rest Essential For Work?

1. We need rest to be restored physically.

A. We need the daily rest of sleep.

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. Psalm 127:2 (ESV)

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. Lamentations 3:22–23 (ESV)

B. We need a weekly day of rest.

For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. Exodus 20:11

It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.” Exodus 31:17 (ESV)

but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. Exodus 20:10 (ESV)

C. We need extended times of rest.

“But if you listen to me, declares the Lord, and bring in no burden by the gates of this city on the Sabbath day, but keep the Sabbath day holy and do no work on it, then there shall enter by the gates of this city kings and princes who sit on the throne of David, riding in chariots and on horses, they and their officials, the men of Judah and the inhabitants of Jerusalem. And

this city shall be inhabited forever... But if you do not listen to me, to keep the Sabbath day holy, and not to bear a burden and enter by the gates of Jerusalem on the Sabbath day, then I will kindle a fire in its gates, and it shall devour the palaces of Jerusalem and shall not be quenched.” Jeremiah 17:24–27 (ESV)

In those days I saw in Judah people treading winepresses on the Sabbath, and bringing in heaps of grain and loading them on donkeys, and also wine, grapes, figs, and all kinds of loads, which they brought into Jerusalem on the Sabbath day. And I warned them on the day when they sold food. Tyrians also, who lived in the city, brought in fish and all kinds of goods and sold them on the Sabbath to the people of Judah, in Jerusalem itself! Then I confronted the nobles of Judah and said to them, “What is this evil thing that you are doing, profaning the Sabbath day? Nehemiah 13:15–17 (ESV)

The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves. Mark 6:30–32 (ESV)

2. We need rest to be restored spiritually.

because they rejected my rules and did not walk in my statutes, and profaned my Sabbaths; for their heart went after their idols. Ezekiel 20:16 (ESV)

3. What if I can't afford time for rest?

On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, he said to them, “This is what the Lord has commanded: ‘Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.’” So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. Moses said, “Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none.” On the seventh day some of the people went out to gather, but they found none. And the Lord said to Moses, “How long will you refuse to keep my commandments and my laws? See! The Lord has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day.” So the people rested on the seventh day. Exodus 16:22–30 (ESV)

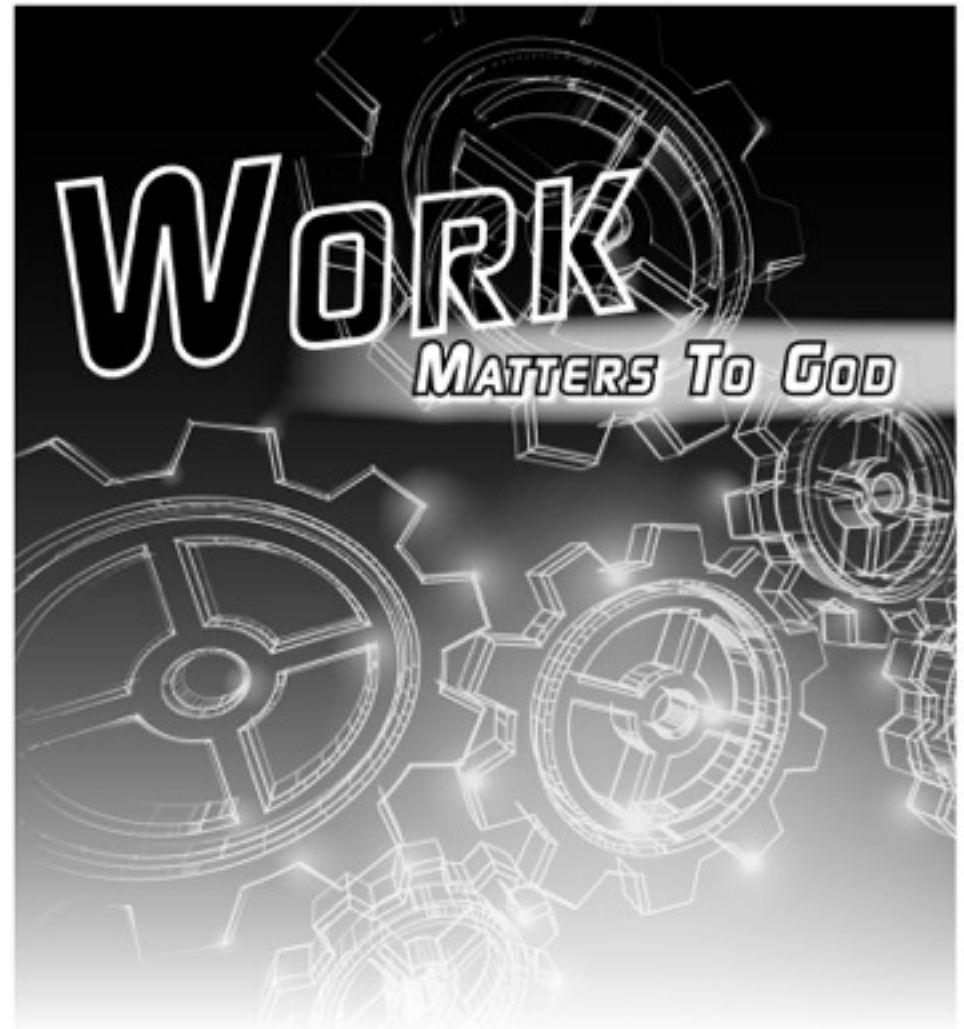
4. How does Jesus change rest?

5. How do I rest for work?

- Disconnect from technology.
- Get enough sleep.
- Take a day for physical rest and restoring my heart.
- Take my vacation, an extended time of rest.
- Manage work so I am not working on the weekend.
- Have a plan for my day of rest.

Conclusion

June 21 — [How does God use work to change me?](#)
June 28 — [What is common grace for the common good?](#)



Why Is Rest Essential For Work?



Get a copy of the notes for your phone or tablet by scanning the QR code