

# Thinking Biblically About Rest

- A. Where are you in relation to these words: Rest. Rhythm. Reflection. Recreation. Refreshment.
1. The average American gets 2.5 fewer hours of sleep per night than a century ago (*Margin*).
  2. More than 40 million Americans get fewer than 6 hours of sleep per night (*Rethinking Sleep*).
  3. The CDC has labeled insufficient sleep a “public health epidemic” with a host of consequences.
- B. How would our Creator have us think of rest?

## I. Rest: Built into the \_\_\_\_\_ of Creation

- A. “God rested from all his work that he had done in creation” (*Gen 2:1-3*).
- B. “Six days you shall labor, and do all your work, but the seventh day is a Sabbath” (*Exo 20:8-11*).
- C. “The Sabbath was made for man, not man for the Sabbath” (*Mark 2:27*).

## II. Rest: \_\_\_\_\_ by our Lord

- A. “And behold, angels came and were ministering to him” (*Matt 4:11*).
- B. “Come away by yourselves to a desolate place and rest a while” (*Mark 6:30-32*).
- C. “Jesus, wearied as he was from his journey, was sitting beside the well” (*John 4:6*).

## III. Rest: Employed as a Figure to \_\_\_\_\_

- A. Our Creator does not slumber or sleep (*Psa 121:1-4*).
- B. But he does use sleep as a metaphor for \_\_\_\_\_ (*Mark 5:39; John 11:11-14; Matt 27:52; Acts 7:60; 13:36; 1 Cor 15:51; 1 Thes 4:13-15*).

## IV. Rest: Prescribed by Our Creator for Our \_\_\_\_\_

- A. The Bible commends hard work (*Prov 6:6-11; Matt 25:14-30; 1 Thes 2:9; 4:11-12; 2 Thes 3:10*).
- B. It reminds us that the clock is ticking (*Psa 90:10; 103:15-16; James 4:14*).
- C. But it also extols the virtue of rest (*Deut 5:12-15; Psa 127:1-2*).
- D. Both have their place. The challenge is avoiding the extremes and finding the healthy balance.
1. The \_\_\_\_\_ (*Prov 6:6-11; 13:4; 20:4; 21:25; 24:30-34; 26:13-16; 2 Thes 3:6-12*).
  2. The \_\_\_\_ laborer (*Psa 127:2*) consumed with the opposite of peaceful sleep (*Matt 6:25-27*).
- E. God made us to spend almost a third of our lives not doing anything except depending on him.
1. Sleep is intrinsically a \_\_\_\_\_ thing to do (*1 Pet 5:6*), a way of saying, “I trust you, God. You’ll be okay without me, and I’ll be okay in you” (*Psa 3:1-6; 4:8; Mark 4:35-40*).
  2. “Sometimes the godliest thing you can do in the universe is get a good night’s sleep.”

## V. Rest: Promised as a Present and Eternal \_\_\_\_\_

- A. A present blessing of \_\_\_\_\_ for the wise (*Prov 3:21-24*).
- B. An ongoing \_\_\_\_\_ of blessing to the heavy laden (*Matt 11:28-30*).
- C. A present peace and future blessing of \_\_\_\_\_ life for the people of God (*Heb 4:1-11*).