

Introduction:

- Resting jokes:
 - “There are many theories on why humans need to sleep, but I’m pretty sure it’s to charge our cell phones.”
 - “Start each day with a positive thought, “I can go back to bed in 16 or 17 short hours’
 - “What do you call it when a kid is fighting going to sleep? Resisting a rest.”
 - “Someone stole hundreds of cans of energy drinks from our local store. I don’t know how they can sleep at night.”
 - You know you’re getting older when happy hour is a nap.
- Today we are starting week two of 21 days of rest.
 - 21 days is to get us to realize the importance of entering God’s rest. To get us to start thinking about that rest. And to begin enjoying rest.
- So far we have looked at: Language of Rest, Groundwork of Rest, Why rest? Is. 58 God’s way of rest.
- Today I want to look at Common misconceptions of Rest, Understanding Rest, Jesus My Sabbath rest and entering that rest.
- Disciples are eating grain on the Sabbath and the Pharisees start accusing them. *“And he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.””* (Mark 2:27-28, ESV)

I. Common Misconceptions Of Rest - A mistaken thought, idea, or notion; a misunderstanding.

A. Rest is:

1. Having a vacation. If I can just get on vacation I will find rest.
2. Stopping work. I.e. Winning the lottery.
3. Leaving my marriage. I.e. Finding someo Living my .
4. Having no responsibilities. I.e. Cruise ship.

II. Rest and lies we believe:

A. Things that physical rest cannot help:

1. rejection, fear - (loss, life, provision) soul wounds (Miscarriage, abuse, trauma etc) shame, denial, PTSD, etc. These are soul issues and physical rest does not directly deal with soul issues but the Holy Spirit does.
2. all of these are entanglements of the soul - I closed last weeks message giving you opportunity to come to God for help in these areas.

B. The number one instinct when facing these entanglements of the soul is to run.

1. Where are you going to run? drugs, alcohol, food, credit card (buy something)
2. We instinctively want to run from the pain...because it hurts or creates to much

stress.

- C. If you are going to run, run to Jesus!
- D. Please take note: The number one problem of...
 - 1. Running is that when you get where you are running to, you still have you with you!
 - 2. Self-medicating is that when your self-med wears off you still have the same soul entanglement with you.
 - 3. If you are going to run, run to Jesus! If you are reaching to medicate then reach for Jesus! *"The Spirit of the Lord God is upon me, because the Lord has anointed me and has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound;"* (Isaiah 61:1, ESV)

III. Understanding God's Rest:

- A. Rest is: Abiding in Christ, our Sabbath Rest!
 - 1. *"Come to me, all who labor and are heavy laden, and I will give you rest."* (Matthew 11:28, ESV) vs. 29, *"you will find rest for your souls."* Rest - Greek "cause to rest, cease from labor"
 - a) Ie. If your mind keeps working when you stop, you are not resting.
 - b) Ie. If your spouse or friend says, "You ok? You seem to be in another world." You are not resting. That is called stress and it is silently killing you and your relationships, including the one with God. The cure...
 - 2. *"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."* (John 15:4-5, ESV)
 - a) Abide - stay put in me! (to stay, persevere, remain, stand fast)
 - b) Whoever abides bears fruit! [blessed- success, prosper, longline, fruitful]
 - 3. If I am abiding well, I will rest while: working, parenting, being married, or carrying responsibilities...every day! Ie. Paul in the Philippian jail, in stocks, back bleeding, says to Silas "Lets worship!" Paul was resting in the midst of pain.
- B. Rest is one of the first things with God concerning man!
 - 1. Evening and morning were the first day. Man's day starts with rest...with Jesus!
 - 2. Man's week started with Sabbath rest...with Jesus!
 - 3. Physical rest rejuvenates the body. Ie. the body heals itself while resting.
 - 4. Dream while resting. God speaks in the night with dreams and in the day with visions. God heals in our dreams as cleansing.
 - 5. Encounter God while at rest:
 - a) in worship, word, meditation, presence.

- b) Time with God: refreshes, restores, renews, replenishes
- c) Sabbath rest is blessed: success, prosperity, longevity, and fruitfulness!

C. Rest is:

1. 'ceasing to labor, ceasing activity, withdrawing from work,' ceasing social media, etc. To enter rest there must be a pulling away from work to be embraced by Christ.
2. being with Jesus! With no/or limited distractions.
3. knowing God is working while I am resting
 - a) He is working in me to know Him! *"that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him,"* (Ephesians 1:17, ESV)
 - b) He is working on me to be more like Him. *"Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure."* (Philippians 2:12-13, ESV)
 - c) He is working for me on behalf of my: marriage, my family, my job, my ministry. *"The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you."* (Romans 16:20, ESV)

IV. Jesus! My Sabbath Rest!

A. Rest is, **as defined by God:**

1. Ceasing from all labor. Stop striving in your own strength. Stop away from to step into.
2. Stepping into success, prosperity, longevity and fruitfulness. Entering into rest.
3. It is the first portion of the day (evening and morning) and the week. (Man's first day on the job was the seventy day, all day.

B. Sabbath Rest was established for man,

1. To set a pattern for man and God to fellowship. - *"And he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.""* (Mark 2:27-28, ESV)
 - a) Sabbath was made for man.
 - b) Sabbath was man's escape from death, hell and grave.
 - c) Sabbath was man's place of healing and victory.
 - d) Man has to respond to God's invitation rest! *"Come and I will give you rest!"* Mt 11:28
 - e) Intimacy with God does not happen naturally. You must act on what God has done and respond to His love, grace and mercy.

2. To prophesy to man of God's Lordship through Jesus Christ.

C. Jesus is our Sabbath Rest!

1. Jesus is Lord of the Sabbath! *"So the Son of Man is lord even of the Sabbath."*

(Mark 2:28, ESV)

a) Come you who are weary! We are the ones who are tired, weary, depressed, lacking hope. Jesus is saying "I WILL GIVE YOU REST! I WILL CAUSE YOUR SOUL TO BE QUIET! But you have to come.

b) To be Lord is to have authority over the Sabbath, and all who come to Him!

c) Jesus is our Sabbath Rest

2. There is no Sabbath rest besides Jesus!

a) Therefore, we no longer have to 'labor' in keeping the law to be justified in God's sight. Jesus did all the work! We just have to enter!

D. How do we enter His rest?

1. Through Humility

a) Get born again! Submit to His Lordship and leading in your life.

b) Humble yourself and He will lift you up.

2. By faith!!!

a) Eph 2:8-9 Saved by grace through faith... not works.

3. By Being Intentional!!!

a) You have to make a choice to do this.

b) You have to plan to do this.

Conclusion:

- What God introduces us to in Genesis 2:1-3 and makes mandatory as a command in Exodus 20:8, Jesus now says, "I am that rest! Won't you enter in?" Jesus fulfills the Word.
- We have to recognize the spiritual state that we are in and be honest with ourselves and honest with God and enter His rest through Jesus Christ.
- He was anointed and sent to heal our broken hearts!
 - We have to trust that to be true.
 - We have to trust that enough to come to Him.
 - We have to trust that enough to let Him do spiritual surgery on us.