

A We all need rest.

- ❖ We all need rest, there is no exception. Even animals need it! Even Adam and Eve needed it in a perfect world without sin or stress. God Himself rested after 6 days of work! (Genesis 2:1-3).
- ❖ God commanded us to rest during 24 hours after six days of work as He did, and to enjoy His company during that period (Exodus 20:8-11).

B God is concerned about our rest.

- ❖ Why couldn't Baruch—Jeremiah's secretary—find rest (Jeremiah 45:1-5)?
- ❖ Jerusalem was going through tough times. Nebuchadnezzar had attacked the city and had taken some of the princes and the tools of the Temple one year before (Daniel 1:1).
- ❖ Besides, God had been sending messages about destruction through prophet Jeremiah. Baruch was overwhelmed. He was emotionally exhausted and could not find rest.
- ❖ God answered Baruch in two ways:
 - *I understand your pain.* It pains me to have to punish my children, to destroy those I have created and looked after with love.
 - *I will preserve your life.* Even amid destruction, "I will give your life to you as a prize in all places, wherever you go." (Jeremiah 45:5)
- ❖ God has a special and positive promise for each one of us in moments of sadness and pain. He gives us a break in the middle of our troubles.

C Biblical rest:

❖ Rest in the Old Testament.

- Several Hebrew words are used for "rest" in the Old Testament:
 - (1) *Shabbat*: To cease work, to rest, to take a holiday.
 - (2) *Nuakh*: Rest, settled, rested. It is used in the fourth commandment.
 - (3) *Shaqat*: To be at rest, grant relief, be quiet, peace.
 - (4) *Raga`*: It is used in a causative form, describing the inability to rest.
 - (5) *Shakab*: To lie down, sleep, be dead.

❖ Rest in the New Testament.

- There are also several Greek words for "rest" in the New Testament:
 - (1) *Anapauō*: To rest, relax, refresh. It can refer to physical or moral rest.
 - (2) *Hēsychazō*: Sabbath rest, a quiet life, someone has no objections and keeps quiet.
 - (3) *Katapauō*: To cause to cease, bring to rest, rest. Used in Hebrews 4.
- In Mark 6:31, Jesus commanded His disciples to rest. Moments of rest are necessary to protect our health and emotional wellbeing. We should take time to rest when working hard, even if we are doing the work of God.

D Rest without God.

- ❖ As Cain was running away from God, he chased material things, human relations, and maybe a busy life, trying to meet his need for spiritual rest and divine grace. That is quite a present-day situation, isn't it?
- ❖ If we live a frantic 24-7 life without the rest God offers, we will lose perspective, get worn out physically, mentally, and emotionally, neglect prayer and Bible study, and move away from the Source of rest and life (Matthew 11:28).