



## Sunday Sermon Notes: Sept. 2, 2018

---

### Rest – Finding it in Jesus alone - Mark 6:31; Luke 5:16

#### Mark 6:31

*Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."*

#### Luke 5:16

*But Jesus often withdrew to lonely places and prayed.*

#### Matthew 11:28-29

*"Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."*

Rest - we know we need it, but it is the least of our priorities. It's as if we are compelled to say "I'll get around to that later!" But rest forestalled is rest denied. As Americans, we frequently view rest as something to eschew, as if we are somehow immune to the dangers of going without rest. If statistics are any guide, it's a tough day to find rest.

True rest seems to be elusive for most Americans. Only one in seven adults (14 percent) set aside a day a week for rest. And on that one day a week, what do they do? Mostly, they work – usually on their cell phones or mobile devices. Only one in five (19 percent) of this small group say they don't do any work at all. Even fewer Americans commit to daily time alone (16 percent) or with God (21 percent) or to activities that recharge them (12 percent). Only 12 percent of American adults say that they intentionally set aside a time of day when they don't use electronic devices.

We even regard those who DON'T rest as being more important or somehow more valuable because of their hard work and no rest. Their lack of rest makes them seem more warrior-like and indispensable to their organization. The problem is that this is in direct conflict with how God has crafted us, commanded us and exemplified for us.

GOD EXEMPLIFIED REST FOR US– Genesis 2:2 - *By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

God RESTED – Immediately following God's creative work, the Master of ALL things and Creator of all that is took time to rest. It wasn't that he was weary from his activities, but because His creative work was completed. It was effective, perfect and did not have to be repeated, repaired or corrected thus the Creator took repose to celebrate this milestone. These verses – 1-3 – are composed of but four lines. In Hebrew, they center around one phrase – "the seventh day." The theme seems to be that the day of rest was just as important as the other days of activity. One was not to be prized over another or overrun. While it's true that the Word of the Lord makes much of work and it's benefit to humanity, we must stop here to recognize God's example.

How did God rest? We don't know. Scripture is silent on his leisure time. What did he consume himself with isn't the point. The point is His cessation. He stopped.

ILL: Duke University recently did a study on rest. Here's what they found: Recent studies are showing that taking time for silence restores the nervous system, helps sustain energy, and conditions our minds to be more adaptive and responsive to the complex environments in which so many of us now live, work, and lead. Duke Medical School's Imke Kirste recently found that silence is associated with the development of new cells in the hippocampus, the key brain region associated with learning and memory.

ILL: Even MUSIC has rests! Physician Luciano Bernardi found that two-minutes of silence inserted between musical pieces proved more stabilizing to cardiovascular and respiratory systems than even the music categorized as "relaxing."

**GOD COMMANDS US TO REST – Exodus 20:8 - .** *“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

This isn't a matter of God's control over us - In Exodus 20:8, the Lord charges His people with obedience toward maintaining a rest day. This command isn't for control purposes – God's not seeking to manufacture an effect of control on our lives – rather it's for our sake.

It's an honest recognition of our own humanity – We are created as fragile beings, frequently in need of the opportunity to stop and catch our breath. Frequently we do not. When we don't, we need to recognize that we are violating one of the foundational laws God has set forth – to take time each week for rest.

Without rest, bad things happen.

ILL: Flight 1380 from NYC to Dallas on Southwest Airlines had a problem. A big one. Only they didn't know it. Due to continuous use, one of the jet engines was suffering from metal fatigue. Everything looked good and operated normally. . . . until it didn't. Without warning, one of the blades – due to the aforementioned metal fatigue – broken and ruptured the cabin ultimately causing the death of a passenger.

**JESUS SHOWED US HOW TO REST – Mark 6:31 31** *Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”*

Luke 5:16 16 *But Jesus often withdrew to lonely places and prayed.*

**The Weary Creator –** In John 4:6, the Gospel writer tells us Jesus was tired. The Master of the seas, in his humanity, got physically weary. He needed and took time to rest. Not only that, he saw it in His disciples. In a rare display of humanity, Jesus showed his frail nature. It wasn't a matter of weakness. It was a matter of humanity.

Others will say “You can't stop NOW!” – Another day, in Mark 6, at a high point in ministry (and some would say effectiveness!), Jesus saw the toll it was taking on the disciples. There

was so much to do and the opportunity to do it so ripe, the temptation was to press on. Ignore your humanity and tackle the moment!

Jesus invites us to the But Jesus calls us to a different path. Jesus invited his disciples to stop, come away and rest. Knowing that we are not made of steel, that we are indeed NOT machines and that we need the opportunity to rest, Jesus called them from the fury of the moment and find solace in being alone with the Master. This wasn't a one-time shot – it was a pattern of life for Jesus. Frequently he noticed the need for rest and solace.

#### JESUS SHOWED US WHERE TO FIND REST

*Matthew 11:28-29 – “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.*

Jesus knew His season on earth was short. While the Holy Spirit would sustain us from within, Jesus wanted to make certain His invitation was clear to those walking after Him. It's as powerful as it is clear. It's as refreshing to the soul as it is passionate. Its simplicity underscores its authority.

It's as if Jesus is speaking to us saying;

*Come to me, all you who are weary and heavy-burdened. . . .* – While people may get confused about theological complexities, they can't misunderstand this offer. You don't have to clean things up first to find rest. In coming, you'll find it. You who don't have to have it all together, come. You, who have done the unimaginable, come. You, who have suffered at the hands of injustice, come. You who have been wounded others through your own sin, come. You, who are angry, come. You, who are lustful, come. You who are gossipers, come. You who are pornographers, come. You who are cruel to your family, come. You who have made bad financial choices, come. Any and all, come. If you come, you'll find rest.

*Take my burden as I take yours.* My strength is sufficient for the need. While my strength might not look like you expect (humble and gentle aren't the kind people look for usually), it's rooted in my supreme sovereignty.

In giving your burden away, you'll find the rest you so desperately need. The load will still be carried but not by you. In my supernatural, world-shaping strength, I'll carry it for you. Rest easy and let me carry the burden you were never meant to carry in the first place.