

The Gift of Rest

The Art of Rest: Making War on Busy - Part 3

February 9, 2025

French Republican Calendar (1793-1805)

"²On the seventh day God had finished His work of creation, so He rested from all His work. ³And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation."
Genesis 2:2-3 (NLT)

God built Sabbath rest into the fabric of the universe.

"You can go against the grain of the universe, but you're going to get splinters." - H. H. Farmer

Fast food chain avg sales per year per location (Quartz):

- McDonald's \$4m
- Raising Cane's \$5.7m
- Chick-Fil-A \$7.5m

"⁸Remember to observe the Sabbath day by keeping it holy. ⁹You have six days each week for your ordinary work, ¹⁰but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work." Exodus 20:8-10 (NLT)

Sabbath = *Shabbat* (Hebrew) = to stop, to cease, to rest

Sabbath is a 24-hour period of rest that follows 6 days of work, set apart to honor God, refresh the body, and renew the spirit, as modeled and commanded by God.

Sabbath is about:

- Rest
- Trust
- Remembering that God is faithful

"We keep the Sabbath and Sabbath keeps us." - Rabbi Ron Aaronson

Four Essential Sabbath Elements:

- Stop
- Rest
- Delight
- Worship

Rest

*“²On the seventh day God had finished His work of creation, so He **rested** from all His work.”* Genesis 2:2 (NLT)

Exodus 16

*“Tomorrow will be **a day of complete rest**, a holy Sabbath day set apart for the Lord. So bake or boil as much as you want today, and set aside what is left for tomorrow.”* Exodus 16:23 (NLT)

*“They must realize that the **Sabbath is the Lord’s gift to you**.”* Exodus 16:29 (NLT)

Four Key Takeaways from Exodus 16:

- **God wants us to trust Him for our daily needs.**
- **God commands a full day of rest after six days of work.**
- **Sabbath rest takes planning, preparation and practice.**
- **Sabbath is a gift from God.**

Rest is God’s pathway to restoration and renewal.

Rest is a weapon given to us by God. The enemy hates it because he wants us to be stressed and occupied. - Elisabeth Elliot

If Satan can’t make you bad, he’ll make you busy. - Pastor Adrian Rogers

How we rest on Sabbath:

- **Rest your mind**
- **Rest your body**
- **Rest your soul**

Practical ways to rest on our Sabbath day:

- **Sleep in and/or take a nap – Allow your body to fully rest without guilt.**
- **Take a long warm bath or shower – Let the water relax your body.**
- **Take a walk in nature – Experience the peace of God’s creation without hurry.**
- **Disconnect from time pressure – Try not to schedule anything; allow yourself to move at a natural, unhurried pace.**
- **Avoid making decisions – Let go of problem-solving for the day.**
- **Let yourself be bored – Don’t feel the need to fill every moment with stimulation.**
- **Read for enjoyment, not information – Choose fiction, poetry, or a devotional.**
- **Relax and breathe for a period of time – Spend intentional moments in stillness, practicing deep breathing.**
- **Sit in silence – Simply be still before God.**

God’s rest is not the enemy of our progress; it is the source of it.

Jesus is our ultimate Sabbath rest.

“⁹There remains, then, a Sabbath-rest for the people of God; ¹⁰for anyone who enters God’s rest also rests from their works, just as God did from His.” Hebrews 4:9-10 (NIV)

*“¹⁶Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷These are a shadow of the things that were to come; **the reality, however, is found in Christ.**”* Colossians 2:16-17 (NIV)

*“For only we who **believe** can enter His rest.”* Hebrews 4:3 (NLT)

*“²⁸Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you **rest.**’”* Matthew 11:28 (NLT)

Four Essential Sabbath Elements:

- Stop
- Rest
- Delight
- Worship

Four Essential Sabbath Elements (with examples):

STOP (Cease from work and busyness)

- Turn off your phone & devices – Put them away or in a “Sabbath box” to resist digital distractions.
- Set work boundaries – No emails, no checking in on work, no productivity-focused tasks.
- Prepare ahead of time – Do your chores, cook meals, and complete errands the day before so you can fully unplug.
- Say no to consumerism – Avoid shopping, news, social media, and entertainment that keeps your mind in the cycle of consumption.
- Mark the start with a ritual – Light candles, say a prayer, or share a meal to set Sabbath apart as a special time.

REST (Physical, mental, and spiritual restoration)

- Sleep in and/or take a nap – Allow your body to fully rest without guilt.
- Take a long warm bath or shower – Let the water relax your body.
- Take a walk in nature – Experience the peace of God's creation without hurry.
- Disconnect from time pressure – Try not to schedule anything; allow yourself to move at a natural, unhurried pace.
- Avoid making decisions – Let go of problem-solving for the day.

DELIGHT (Enjoy life as a gift from God)

- **Feast and celebrate – Have a joyful, abundant meal with family or friends, treating it as a celebration.**
- **Engage in play – Play games, do a puzzle, or engage in an activity that makes you laugh and feel alive.**
- **Listen to music or create art – Whether it's singing, painting, or playing an instrument, engage in creativity.**
- **Do something that brings joy – Read a book, watch a sunset, or do an activity that fills you with wonder. Enjoy sex with your spouse.**
- **Spend unhurried time with loved ones – Have deep, meaningful conversations with family or friends.**

WORSHIP (Reorient your heart to God)

- **Go to church – Gather with others to glorify God. Gather as a family to worship.**
- **Read Scripture or a devotional – Spend time in God's Word, not as a task, but to reflect and connect with God.**
- **Sing or listen to worship music – Engage with music that lifts your heart toward God.**
- **Practice gratitude and reflection – Write down or verbally express things you're thankful for. Share them as a family.**
- **Spend time in silence and prayer – Simply be in God's presence, listening and enjoying communion with Him.**