

The Trust Factor

The Art of Rest: Making War on Busy - Part 6

March 2, 2025

Sabbath isn't about losing time; it's about **trusting** God with it.

*"Then He told them, 'The Sabbath was **made for man** and not man for the Sabbath.'" Mark 2:27 (CSB)*

Sabbath isn't about law—it's about **love**.

It's not about rules or religious obligation—it's a **divine invitation**.

An invitation to:

- Step out of striving and into trust
- Trade exhaustion for intimacy
- Embrace rest as a blessing
- Experience the deep care of Jesus

Sabbath rest is a declaration of **trust**, saying, "God's got this."

Psalm 23

Six Promises of the Shepherd

1. Provision

*"The Lord is my **shepherd**; I have what I **need**." Psalms 23:1 (CSB)*

"You have made us for yourself, and our heart is restless until it rests in you." — Saint Augustine

The greatest enemy of rest is scarcity mentality—the belief that you never have enough, so you must keep grinding.

God holds onto me even when I'm holding nothing.

2. Environment

*"He lets me lie down in **green pastures**; He leads me beside **quiet waters**." Psalms 23:2 (CSB)*

Still waters aren't found in striving but in surrender.

The pace of your life determines the peace in your life.

Change of Place + Change of Pace = Change of Perspective

3. Guidance

“He renews my life; He leads me along the right paths for His name’s sake.” Psalms 23:3 (CSB)

The Shepherd’s voice cuts through the chaos and calls you to rest and righteousness.

We may drift, but the Shepherd’s love always draws us back to Him.

4. Presence

“Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff — they comfort me.” Psalms 23:4 (CSB)

Rest isn’t the absence of storms—it’s the presence of the Shepherd in them.

Jesus is your Defender and your Director—He fights for you and leads you forward.

5. Blessing

“You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.” Psalms 23:5 (CSB)

The Sabbath isn’t just a pause in the hustle—it’s the day of the overflow. When you rest, God pours.

God can do more with six days than we can do with seven days. Sabbath is like tithing our time.

6. Confidence

“Only goodness and faithful love will pursue me all the days of my life, and I will dwell in the house of the Lord as long as I live.” Psalms 23:6 (CSB)

The Shepherd isn’t just leading you—His goodness is chasing you.

Living the Trust Factor:

#1 - Audit Your Trust - Where in your life are you still trying to gather extra manna? What would it look like to release control?

#2 - Identify your “green pasture” - What rhythms bring you into God’s rest? Schedule them, don’t stumble into them.

#3 - Trust the Unfinished - Leave something undone this week as a faith statement that God holds your life together.