

Soul Rest

Soulfull - Part 3

June 18, 2023

It is possible to have a healthy soul.

*“²⁸Come to Me, all of you who are weary and burdened, and I will give you **rest**. ²⁹Take up My yoke and learn from Me, because I am lowly and humble in heart, and you will find **rest for your souls**.”* Matthew 11:28-29 (NIV)

*“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)

Rest is holy and designed by God.

“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. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy.” Exodus 20:8-11 (NLT)

Sabbath = *Shabbat* = to cease, primarily from work

One Day, Two Day, Three Day, Four Day, Five Day, Six Day, and **Stop Day.**

Many of us are not good at stopping, are we?

God’s purpose behind Sabbath rest is to keep our souls healthy.

“Then Jesus said to them, ‘The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.’” Mark 2:27 (NLT)

Sabbath rest reminds us that God is the one that is in control. Not us.

*“**Come to me**, all of you who are weary and burdened, and **I will give you rest**.”* Matthew 11:28 (NIV)

God can’t give us rest if we don’t go to Him.

Two reasons it’s difficult for us to rest:

#1 - Rest requires trust.

#2 - Rest requires preparation.

*“²²On the sixth day, they gathered twice as much as usual—four quarts for each person instead of two. Then all the leaders of the community came and asked Moses for an explanation. ²³He told them, ‘This is what the Lord commanded: 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 16:22-23 (NLT)

How to prepare for your rest:

- **Develop a plan**
- **Communicate the plan**
- **Guard the plan**
- **Execute the plan**
- **Learn, adapt, repeat**

What do I actually do during my Sabbath rest?

- **Keep it simple.**
- **Personalize it!**

I can't do what God has called me to do unless I've submitted myself and my schedule to Him and I'm trusting Him with the limitations that He has given me.

You can't do what God has called you to do unless you submit yourself and your schedule to Him and are trusting Him with the limitations that He has given you.

Jesus modeled rest.

³⁰The apostles returned to Jesus from their ministry tour and told Him all they had done and taught. ³¹Then Jesus said, 'Let's go off by ourselves to a quiet place and rest awhile.' He said this because there were so many people coming and going that Jesus and His apostles didn't even have time to eat." Mark 6:30-31 (NLT)

Are you taking a weekly Sabbath rest like God designed you to?

Jesus is our ultimate rest.