

Intro:

Main Point of Text: God commands a rhythm of rest with work so His people protect themselves and prosper in Him.

Sermon Point: *You need your rest.*

Move 1: You do need to work hard most of the time.

Rest is focus, but work is backdrop: Vss. 10, 12a. Work commanded more. Prov. 6:6. God and Adam also gave the example in the Garden: creation ordinance. Work reflects and glorifies God. 2 Thess. 3:10-12. Ecclesiastes 2:24; 5:12.

Move 2: But you must make a point to regularly rest.

Vs. 12: (4th Commandment) the basis of Vs. 11. These set up Year of Jubilee in Lev. 25. Point of rest is revival of vigor to sustain life and prosper

Move 3: Resting preserves God's people in their life and witness.

Vss. 11-12: concern for the land, the poor, even the animals: resting is not just about you, but everyone around you. Resting preserves the family, church, and state. Major way of "keeping guard" His name in your mouths/hearts, thus guarding from apostasy: vs. 13. Sixth Commandment: about trusting the Lord; Ex. 16. If you won't rest in His Providence, you may never enter His Paradise: Heb. 3:7-4:12 (Ps. 95:11).

Conclusion:

He calls you to rest in Him today. Mt. 11:28-30. To receive Christ's rest, you must stop fretting and let go: Vs. 11, word for "rest" is "drop"; "lie still" is "leave/forsake". Vs. 12, rest is the word from "Shabbat", to "cease": in order that there may be "rest", word for Noah (also, "comfort"); Word for "refreshed" means "to catch one's breath". You need to let go of everything to take in the Spirit of Christ and live.

You need your rest.