

“I Will Give You Rest” (Ex 33:14)

Introduction: Everyone understands the torment of life without rest.

- A. If one goes long without proper rest it will affect everything in their lives.
 - 1. It is not uncommon for a lack of rest to cause us to let our emotions drive us. **(Psa 55:3-8)**
 - 2. Indeed it can be said that we can be so busy that we do not have the time nor energy to properly serve God!

“A relaxed, easygoing Christian is miles more attractive and effective than the rigid, uptight brother who squeaks when he walks and whines when he talks.”

- B. Jesus made the issue of rest a foundational principle of what He offers us. **(Mt 11:28-30)**

- 1. Jesus offers rest for our souls.
- 2. That rest, however, must come from a learning process! Will we listen?

I. Kinds of Rest

- A. What is rest?
 - 1. anapauo - 1) to cause or permit one to cease from any movement or labor in order to recover and collect his strength 2) to give rest, refresh, to give one's self rest, take rest 3) to keep quiet, of calm and patient expectation.
 - 2. God has made us to have the need of various kinds of rest!
- B. We need physical rest. **(Mk 6:31)**
 - 1. Jesus knew what many deny! “Jesus knows we must come apart and rest awhile, or else we may just plain come apart.”
 - 2. This is a wisdom that will allow us to be more fruitful in the Lord’s cause.
 - 3. I believe a prolonged lack of physical rest will make us more open to temptation. **(1 Cor 10:13)** (Ex. Mates talking about problems while exhausted)
- C. We need a rest from suffering.
 - 1. Job well described the days of suffering. **(Job 3:26; 30:27-28)**
 - 2. There is also suffering caused by wicked men. **(Isa 14:3-5)**
 - 3. For some this rest may not come until eternity.
- D. We need a spiritual rest in this life.
 - 1. We need a rest from the guilt of sin. **(Isa 57:20)**
 - a. There are some here who are not right with God.
 - b. There is a great joy in finding relief from this guilt! **(Acts 8:39)**
 - 2. We need the rest of knowing that God is with us. **(Psa 37:7-9)**
- E. We ultimately need an eternal rest. **(Rev 14:13)**
 - 1. There will come a day when there will be no more sin, suffering or dying! **(Rev 21:4)**
 - 2. There will come a day where every faithful Christian will lay their head down in the arms of our heavenly father and find rest.

II. The Blessing of Rest

- A. Rest allows us to work with a greater joy and strength. **(Isa 40:31)**
 - 1. God counseled Elijah to rest before later work. **(1 Kgs 19:5-7)**

2. Even the world understands this. (Ex. Running)

“People who cannot find time for recreation are obliged sooner or later to find time for illness.”

B. Spiritual rest comes from knowing that you are in God’s will. (**Isa 57:1-2**)

1. There is a great power in knowing and living in the path God has planned for you. (**Jn 14:27**)

2. This is a great blessing the world cannot know. (**Jn 16:32-33**)

3. You may have pain and suffering but have rest! (**Jer 30:10-11**)

C. God will withhold His rest from the wicked. (**Psa 95:9-11**)

1. He in fact offers it to them but they reject God! (**Isa 30:15**)

2. It is so sad to see people following the same paths of failure again and again never to learn.

3. The first step to finding rest is to let go of the pride and stubbornness that keeps you in turmoil!

III. How to Find God’s Rest

A. We must slow down and learn. (**Psa 94:12-14**)

1. If we do not have time to meditate and pray then we are too busy!

“God rarely is found in the midst of noise and restlessness; instead, He is the friend of silence.”

2. This is a paradox of faith. We must slow down in order to better work.

“Rest and motion, unrelieved and unchecked, are equally destructive.”

3. Our strength is our faith. What are you doing to build it up?

4. We can become like the wicked and be the cause of our own restless torment. (**Jer 6:16**)

5. If your life is a mess, why not begin here?

B. We must regularly renew it. (**Rom 12:2**)

1. We can find rest only to forget how we found it.

2. Do you make the time to find rest for your soul? God’s rest come when we know and live by His priorities! (**Hab 3:16-19**)

3. Why are there some who find it hard to attend the services?

C. We must have an expectation of God’s promises.

1. Jesus knew that He would be raised from the dead by the father. (**Psa 16:9; Acts 2:26-27**)

2. We too will be raised from the dead by God. (**2 Cor 4:13-14**)

3. This solid hope will allow us to take the temporary setbacks of this life. (**2 Thess 1:7**)

Conclusion: What will you find on judgment day?

A. There will be two classes of people, those who find rest and those who do not. (**Heb 3:11-12, 18-4:2**)

1. How do you know where you will stand? Do you have rest now?

2. Heaven is a prepared place for a prepared people.

B. Why not let go of your pride and find God’s rest today?

“Beware of the barrenness of a busy life.”