

# “Work is Good” – Message Series

## Part 4 – Rest is Not Optional

### 1. Greeting

- Sabbatical remarks (digging new wells)

### 2. Reading

- **Gen 2:1-3**

Thus the heavens and the earth, and all the host of them, were finished. 2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. 3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

### 3. Prayer

### 4. Intro

- **“Rest is Not Optional”**

- You are created to thrive!
- The tension between 1-2 and 3-4
  - **Thank God for good cars (KATI LOL)**
  - **Oil changes and refilling optional?**

- **MY STORY**

**REST WAS OPTIONAL ... I WOULDN'T HAVE KILLED, STOLE, ETC. Those things weren't optional for me but somehow rest was.**

- **DO I BELIEVE REST IS NOT OPTIONAL?**
- **DO I OBEY GOD'S COMMAND FOR REST?**

### 5. Message

# 1) IT'S HIS DESIGN

- God rested – the God who needs nothing, whom can have nothing added to Him or taken away from Him, chose to rest on day 7 and thus set the precedent.
- 7 = completion; perfection – the week was perfected when the 7<sup>th</sup> day of rest was added to the 6 days of creation.
- God blessed and “sanctified” – **set it apart with purpose and intention. 6 days has purpose of productivity. 7<sup>th</sup> day has purpose for rest and restoration.**
- **MaXimum productivity (MANNA) (Ex 16:25-26)**  
**25 Then Moses said, “Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field. 26 Six days you shall gather it, but on the seventh day, the Sabbath, there will be none.”**
  - You won't find manna on day 7 (work won't be blessed when you do it in violation of God's command)
  - *God intends for enough to be provided in 6 days that you can have enough for the 7<sup>th</sup> day without having to work... you are free to rest.*

**31 And the house of Israel called its name [c]Manna. And it was like white coriander seed, and the taste of it was like wafers made with honey.**

  - His best is still available on a day of no work. The manna wasn't stale and less than what it was on day 6!
- **Trust God to do more in 6 than you can in 7!**
- **(OBEY) Exodus 16:27-29**  
**27 Now it happened that some of the people went out on the seventh day to gather, but they found none. 28 And the Lord said to Moses, “How long do you refuse to keep My commandments and My laws? 29 See! For the Lord has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.”**
  - **Hebrews 4 = they didn't enter His rest in promised land because of their disobedience. When we disobey His command for rest we miss the fullness of the blessing and productivity that He intends for us to have in a work/rest balanced lifestyle.**
  - The Lord has given you the sabbath – it's a gift from Him to be enjoyed. Why would we want to reject that gift?!!!

## 2) IT'S A BLESSING

- God “blessed” and sanctified (Genesis 2)
- Sabbath was made for man not man for the sabbath. He designed the sabbath to be a blessing and for it to advance our work... to add something better to it not take away from it.
- Isaiah **58:13-14 NIV** (a delight)  
If you keep your feet from breaking the Sabbath  
and from doing as you please on my holy day,  
**if you call the Sabbath a delight**  
and the Lord’s holy day honorable,  
and if you honor it by not going your own way  
and not doing as you please or speaking idle words,  
14 then you will find your joy in the Lord,  
and I will cause you to ride in triumph on the heights of the land  
and to feast on the inheritance of your father Jacob.”  
For the mouth of the Lord has spoken.
- God was “refreshed”  
**Exodus 31:17**  
17 It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.’ ”
- **Sabbath Day Psalm (Ps 92:10 TPT)**  
Your anointing has made me strong and mighty.  
You’ve empowered my life for triumph[a]  
by pouring fresh oil over me.
- **KIDDUSH CUP ILLUSTRATION**
- **When we eXperience the sabbath as a blessing it allows God to pour out a fresh oil anointing over us that leaves us soaked and dripping wet during the other 6 days of our work.**
- It’s God’s INVITATION AND PRESCRIPTION (**Matthew 11:28-29**)  
28 Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am [a]gentle and lowly in heart, and you will find rest for your souls.

- **People miss the blessing because:**
  - 1) they over indulge in rest (lazy)
    - **STILL 6 to 1 – this isn't a license to NOT work (OR)**
  - 2) they see rest as hindrance and overwork themselves
- **A well-rested life is hidden in plain sight**
- **We don't surrender to subtract but to open room for Him to add!!!**

### 3) IT LEADS TO FREEDOM

- Slaves are worked to death; into the ground
- **Deut 5:12-15** = freedom from working non-stop is what God did. Why go back and work yourself non-stop when He made a better way?  
12 'Observe the Sabbath day, to [g]keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who is within your gates, that your male servant and your female servant may rest as well as you. 15 And remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day.
- Kill the one who breaks the sabbath (**slow death**)  
**Exodus 31:14**  
14 You shall keep the Sabbath, therefore, for it is holy to you. Everyone who [c]profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.
  - **We adhere to the Spirit of the Law now not the letter of the Law but the principles still apply.**
  - **Those who run non-stop, always busy and working, are dying a slow death... taking years off the back end of their lives (medical evidence all over for this)**
  - **BIBLE SAYS OBEDIENCE LEADS TO LONG LIFE!**
- Sacred Rest (people operating at non-stop activity)
- Recent clinical and scientific understanding

- *Wall St Journal* – top executives are finding that the key to doing more is doing less (WOW)!
  - Medical prescriptions are being sought for wide variety of symptoms that doctors can only explain medically as coming from over exhaustion, fatigue, stress, lowered immune system, and rest deprivation.
- REM Sleep (God made us this way and science verifies it)
    - **Stage 1:** Your eyes are closed, but **it's easy to wake you up**. This phase may last for 5 to 10 minutes.
    - **Stage 2:** You are in light sleep. Your **heart rate slows and your body temperature drops**. Your body is getting ready for deep sleep. This can last for 10-25 minutes.
    - **Stages 3:** This is the deep sleep stage. It's **harder to rouse you** during this stage, and if someone woke you up, **you would feel disoriented** for a few minutes.  
During the deep stages of NREM sleep, the **body repairs and regrows tissues, builds bone and muscle, and strengthens the immune system**.  
As you get older, you sleep more lightly and get less deep sleep. Aging is also linked to shorter time spans of sleep, although studies show you still need as much sleep as when you were younger
    - **REM** is important because it stimulates the areas of the brain that help with learning and is associated with **increased production of proteins**  
Babies can spend up to 50% of their sleep in the REM stage, compared to only about 20% for adults.  
Your brain also uses this time to **cement information into memory, making it an important stage for learning.**

**Sweet rest is a promise for those who find their rest in Jesus**

**Proverbs 3:24**

When you lie down, you will not be afraid;

Yes, you will lie down and your sleep will be sweet.

**Psalms 4:8**

I will both lie down in peace, and sleep;

For You alone, O Lord, make me dwell in safety.

An attack on your sleep at night is an invasion of peace on a child of God that is simply unacceptable... we can't tolerate this attack on God's promise!

- Pray for people today on this!!!

- **Computer Screen ILLUSTRATION**
- **Honor your need for rest or it will become mandatory!**
- **God isn't honored by us working ourselves to death**
  - Our overworked burnt out lifestyle – some people are wearing it like a badge of honor (that was me!)
- Find the proper balance (**STILL 6 days of work to 1 day of rest**)
- **Rhythms of Recovery – we all need to find them in our own lives (daily, weekly, monthly, festivals, sabbath year)**
  - **God's intelligent. His commands for us match His design for us**
  - **ALL REST IS NOT EQUAL... greater drain = greater recovery needed!**
  - **4 hr light day vs 12 hr heavy day (different food and rest required for recovery)**
- Don't be robbed of creative potential!
- WE CAN'T BE LEGALISTIC
- **Colossians 2:16-17**

So let no one judge you in food or in drink, or regarding a [a]festival or a new moon or sabbaths, 17 which are a shadow of things to come, but the [b]substance is of Christ.

  - Jesus said pick up ox on sabbath
  - JESUS is LORD of SABBATH
  - don't put on yokes you can't carry but
  - don't reject the spiritual principle
- Hebrew word for sabbath is "shabbat" = to cease; to stop working for 24 hours
- **What you DON'T DO – things that are work for you**
  - **For me, no sermon prep; I cut grass but don't weed eat lol**
- **What you DO – things that refresh you; you enjoy**
- **Don't be a slave to culture's expectations, materialistic desires, worry what others will think!**
- You don't need others permission... stop feeling guilty about something God commands you to do!

## 6. Close

- There's a powerful testimony in it!

### **Exodus 31:13**

13 **Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies[b] you.**

- **I call it supernatural productivity... I rest more and get more done.**

- **OBEY?**

Many say "I can't. You don't know my circumstances".

- ***I don't need to know your circumstances. God's Word makes provision for every circumstance. It's a choice.***
- You can but there may be a cost. Don't let anything stop you from obeying God's best design for your life!

- **BELIEVE?**

God will do what He says