

# Follow Me, Pt. 5

## Rest

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***“Follow Me” definition:*** *To be on the same road with Jesus, to learn from Him, imitate Him, and multiply Him in others.*

### Cost of Discipleship —

- **Matthew 16:24-25**

Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.”

**So far** — Following Jesus into the places of Prayer and Holiness and the Supernatural

***Today — Following Jesus — living in REST***

### We are too busy

- We are too busy. We are one of the most stressed-out people in the history of the world.
- We feel like our schedules are in charge of us instead of the other way around — even though we have apps for our calendars, and our phones constantly remind us
- We are spiraling out of control with stress, anxiety, fear and depression
- Living without rest leads to anxiety, fear, anger, and depression
- It is without question one of the biggest problems in the Church

***If you want to be a disciple of Jesus you have to learn to enter into rest.***

“All of humanity's problems stem from man's inability to sit quietly in a room alone.”<sup>1</sup>

~ Blaise Pascal

**Today we are going to look at a passage in Hebrews that talks about entering into the rest and victory that Jesus has paved the way for.**

### It all starts in creation...

***...God created the heavens and the earth...on the seventh day...He rested***

- **Genesis 2:1-3**

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

<sup>1</sup> Blaise Pascal, *Pascal's Pensées* (tredition, Feb 7, 2012)

*Next there was the 10 commandments given to Moses...*

- **Exodus 20:11**

<sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> 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 cattle, nor your stranger who is within your gates. <sup>11</sup> For *in* six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

*Which of the 10 commandments do you think its okay to ignore?*

- **Exodus 35:1-3**

Then Moses gathered all the congregation of the children of Israel together, and said to them, “These *are* the words which the LORD has commanded *you* to do: <sup>2</sup> Work shall be done for six days, but the seventh day shall be a holy day for you, a Sabbath of rest to the LORD. Whoever does any work on it shall be put to death. <sup>3</sup> You shall kindle no fire throughout your dwellings on the Sabbath day.”

***Serious stuff*** — *We have forgotten the gift of God to us — ceasing from working — setting apart time to rest— enjoying all God has done, investing in the sabbath for our souls.*

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## **A warning about legalism**

- **How in the world could I possibly take an entire day to rest – EVERY WEEK!**
- It’s a great goal, but I doubt many will be able to do that.
- How do we apply this without making it a new form of legalism?
- The answer is that we must go to Jesus and hear from Him directly in how to apply it.
- **We can’t shy away from it**
- The Word of God speaks on the subject, defines what a Sabbath is
- Affirms it as one of the 10 commandments
- Yet none of us do it. We don’t take it seriously enough.
- **What does that mean for us?**
- Practical ways it will probably look simple and small.
- Changing a habit, your weekly calendar, your morning routine, the first thing you do when you get home — these small changes are a great place to start!
- It’s like fasting...it’s like tithing your time...
- **The rules for Sabbath were simple — no work.**
- Is mowing the lawn work for you? Or is it a great joy? A time to enjoy your yard.
- Lying in bed all day?
- Is cleaning your house resting from work?
- Truth is — I have no idea how this should look for you

- **How we apply it is going to look different in each and every one of our lives.**
- The principles of the Sabbath are still just as true today as they were on the seventh day of the world being created!
- Jesus is the only way not to be legalistic. He knows — and we don't.
- **But, we can all benefit from thinking about how we could begin to build rest into our lives on a weekly basis.**
- Remember the easy yoke of Jesus? Don't get ahead of him, or pull behind.
- **This topic is convicting.**
- And like in any area of repentance, start with where you are and take your first small step in the right direction.
- Jesus will show you the rest. (*Romans 14*)

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## What did Jesus think about the Sabbath?

- **Matthew 12:9-14**  
<sup>9</sup> Now when He had departed from there, He went into their synagogue. <sup>10</sup> And behold, there was a man who had a withered hand. And they asked Him, saying, "Is it lawful to heal on the Sabbath?"—that they might accuse Him. <sup>11</sup> Then He said to them, "What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift *it* out? <sup>12</sup> Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath." <sup>13</sup> Then He said to the man, "Stretch out your hand." And he stretched *it* out, and it was restored as whole as the other. <sup>14</sup> Then the Pharisees went out and plotted against Him, how they might destroy Him.
- He points out that the purpose of the Sabbath should not limit them from doing something obvious or something good!
- Jesus reminds them that when they live out the Sabbath in their daily lives it's easy to become legalistic or even hypocritical, and miss the whole heart behind the principle.
- Jesus corrected this form of legalism that can creep in, by reminding them of the purpose of the Sabbath.
- **Mark 2:27-28**  
<sup>27</sup> And He said to them, "The Sabbath was made for man, and not man for the Sabbath. <sup>28</sup> Therefore the Son of Man is also Lord of the Sabbath."

## Jesus' example:

- Jesus lived out the Sabbath perfectly.
- He walked out what it looks like to be at rest.
- In the wilderness he knew that he was sustained by every word that proceeds from the mouth of God.
- Jesus had margin in his schedule. When he walked along the road it was easy to interrupt him. He had time for anyone. Even those that hated him.
- Jesus would often go off to lonely places to be refreshed with the Lord.

- Jesus would rest on the Sabbath. But he wasn't legalistic about it.
- Jesus knew the purpose of the Sabbath.
- Jesus slept in the midst of the terrible storm because he was at rest.
- Jesus never fretted. He never stewed, or panicked with terror.

***Jesus was productive, but not busy — He only had one thing on his calendar. Do what He sees the Father doing.***

- **John 5:19**

<sup>19</sup> Then Jesus answered and said to them, “Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner.”

- The New Testament is clear that there remains for us the Sabbath rest for the people of God.

- **Hebrews 4:9**

<sup>9</sup> There remains therefore a rest for the people of God. <sup>10</sup> For he who has entered His rest has himself also ceased from his works as God *did* from His.

*A little context for Hebrews — the writer of Hebrews is comparing Jesus to Moses, and pointing out how Jesus is greater than even Moses. Hebrews Chapter 3 reminds us how...*

- Moses led the people of God out of Egypt, God opened up the Red Sea and the Israelites were able to escape their slavery — God made a way.
- When He led them to the promised land they were afraid, they hardened their hearts, and rebelled.
- **The context then for this passage of rest is — war.**

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## **At the crossroads**

**They stood at the crossroads — as so many of us do at different points in our lives, and Jesus says to cross the line...Go to war. *Take what I have promised you.* We step back in fear and won't cross over.**

- **Hebrews 4:1-2**

Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. <sup>2</sup> For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.

### **Quote by Warren Weirsbe**

“It's by believing we enter into his rest, it's by faith and surrendering your will that the rest enters us.”<sup>2</sup>  
~ Warren Wiersbe

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<sup>2</sup> Warren Wiersbe, *Be Confident: Live by Faith, Not by Sight* (David C Cook, 2009)

**To be clear here:** *These were still God's people. They still had the law. They still followed God, God still fed them with manna, they did not return to Egypt or go back into slavery. They were in limbo between slavery and the promise. They are like many of us here today. They had never experienced all that God had for them because of fear.*

- We have put our trust in Jesus to lead us out of sin, we are trying to follow him —
- But when it comes to stepping into victory...we hesitate because of fear.
- We don't believe God that we will win. We hold back.
- We miss out on the milk and the honey!!!!
- **Hebrews 4:3-5**  
<sup>3</sup> For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,'" although the works were finished from the foundation of the world. <sup>4</sup> For He has spoken in a certain place of the seventh *day* in this way: "And God rested on the seventh day from all His works"; <sup>5</sup> and again in this *place*: "They shall not enter My rest."
- **Remember — when God rested from His work He was not tired**
- God ceased from His work to enjoy His creation.
- God is inviting us into that same kind of enjoyment that can only happen if you stop working — catch your breath, and rest.
- **Hebrews 4:6-7**  
<sup>6</sup> Since therefore it remains that some *must* enter it, and those to whom it was first preached did not enter because of disobedience, <sup>7</sup> again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts."

**Today! We can hear His voice.**  
**Do not harden your heart!**  
**Listen to His voice and respond.**

- **Hebrews 4:8-13**  
<sup>8</sup> For if Joshua had given them rest, then He would not afterward have spoken of another day. <sup>9</sup> There remains therefore a rest for the people of God. <sup>10</sup> For he who has entered His rest has himself also ceased from his works as God *did* from His. <sup>11</sup> Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. <sup>12</sup> For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. <sup>13</sup> And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account.

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## How do we enter into His REST

- **Trust God — kill the giants.** The rest is yours, but you are going to have to fight for it.
  - Jesus has moved you from slavery to freedom, but what are you going to do about it?
  - Now you have to go and get your inheritance.
  - Rest does not come easy.
  - Get out your calendar — and go to war.
  - Nothing changes without a cost.

- **Listen to God's voice — don't harden your hearts.**
  - Listen to him. Hear directly from God how He wants you to apply this message today.
  - Everyone needs to apply this sermon differently based on what God is saying.
  - The word of God is living and active!
- **Be diligent to enter His rest. Like God rested from His work...**
  - You need to learn to rest in God, cease from your work, and trust Him.
  - There is a reason people do not rest.
  - Striving, earning, fear, anxieties will catch up to them, they will be exposed...
  - But when we are diligent to enter in, there are blessings and peace.

### **Prayer**

*God show us as a people, as a Church, as individuals, how to enter into your rest. How to cease from our labor, and trust that You will show up and show off. Teach us how You want us to begin to create room in our lives for more times of quiet, deep gratitude, and more of You.*

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### **Discussion Questions**

1. To what degree does this topic resonate with your life?
2. How hard is it for you to rest? What are some of the reasons?
3. Have you ever tried to observe a Sabbath rest? How?
4. What are some physical steps you can take to observe a Sabbath rest?
5. Do you believe that there will be blessings and peace when you learn to rest?
6. Evaluate this statement: "He didn't rest from His work, He worked from His rest."