

# Finding the Rest We Were Created For

Bob Harper

Gini Downing

---

August 26, 2018

## Finding the Rest We Were Created For

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30 (Msg)

---

*“The Sabbath is the most precious present mankind has received from the treasure house of God.”*

*—Abraham Joshua Heschel, The Sabbath*

[Buy the book here.](#)

---

“Remember to observe the Sabbath day by keeping it holy.”

Lev.19:3b, “... you must always observe my Sabbath days of rest.”

Leviticus 23:3 “You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly. It is the Lord’s Sabbath day, and it must be observed wherever you live.”

Exodus 20:8

---

“The Sabbath was made for man, not man for the Sabbath.”

Mark 2:27

---

“Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. There remains, then, a Sabbath-rest for the people of God, for anyone who

enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest."  
Hebrews 4:1, 9-11

---

The Sabbath discloses something about God.

The Sabbath is also a statement about the world.

The Sabbath is rooted in the creation; it tells us that the cessation of work is part of the created order.

---

*"Scripture makes it clear that this invitation of Sabbath remains open to us today, and it is hardness of heart that causes us to reject something that is so good for us and so needed."*

—Ruth Haley Barton, *Sacred Rhythms*

[Buy the book here.](#)

---

*"To obey the fourth commandment is not only to desist but also to embrace; to enter into a different kind of day, whose repose gives meaning and energy to the other six days. Both the anticipation of the rest to come, and the aftermath of the rest enjoyed, inject proper rhythm into our lives, and ensure that life is not driven by the tyranny of the urgent but by the sovereignty of God."*

—Ian Stackhouse, *The Day Is Yours*

[Buy the book here.](#)

---

### **Things a Sabbath "day" might include:**

- Setting aside time for intimacy with God and others you love
  - Resting in God/meditation
  - Replenishing your spirit
  - Restoring your soul
  - Practicing restful activities – walks, picnics, naps, catching up with a friend or family member, games with your kids, even spending some intimate time with your spouse.
  - Putting things that stress you out on a shelf for a period of time
  - Savoring the freedom of not having a "to do" list.
-

## Things to exclude from a Sabbath “day”:

- Work
  - Buying and selling
  - Worry
  - Technology
  - The need to accomplish or produce
- 

*“The observation of Sabbath rest is a break from every effort to achieve, to secure ourselves, and to make the world in our image according to our purposes.”*

*—Walter Brueggemann*

---

*“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.”*

*—John Lubbock*

---