

The 'Rest' of Your Life Matthew 11:28-30 and various other texts

Introduction: Why do we refuse to rest?

- a. We make busyness and productivity an idol.
- b. We think we are indispensable to our employer.
- c. We avoid more important responsibilities.
- d. We don't apply the gospel to every area of our lives.

- 1) Jesus' **INVITATION** to Rest (Matthew 11:28-30)
- 2) The Old Testament **COMMANDMENT** to rest (Sabbath)

Exodus 20:8-11 (ESV)

“Remember the Sabbath day, to keep it holy... For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”

Deuteronomy 5:12-15 (ESV)

“Observe the Sabbath day, to keep it holy as the LORD your God commanded you... You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.”

- a. **Obedience** (Ex 20:8; Deut 5:12)
- b. **Reflection**
 - I. Ex 20:11 **Creation**
 - II. Deut 5:15 **Redemption**
- c. **Trust** (Ex 16:14-30)
- d. **Refreshment** (Ex 23:12)
- e. **Sign of Relationship** (Ex 31:12-13)

- 3) Is Jesus' Rest the **SAME** as the Sabbath? (Matt 11:28-12:8)
 - a. Jesus **CHANGED** the way we relate to the Law (Matt 5:17)
 - I. He fulfilled the law's moral Requirements
 - II. He fulfilled the law's ceremonial rituals
- 4) How can I **RESPOND** to Jesus' invitation to rest?
 - a. Cherish sleep
 - b. Create healthy boundaries
 - c. Beware of rest-wasters
 - d. Rest in the right kind of way