






“Go to the Bible” Lesson 3: **REST & RELAX!**

- ➔ **REST** - cease work or movement in order to relax, refresh oneself, or recover strength.
- ➔ **RELAX** - make or become less tense or anxious.

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- ➔ **Rest is important to your spiritual walk with the Lord, and many Christians today don't appreciate the value of rest or keeping the Sabbath day holy.**
 - ➔ **Rest allows our mind, body, and soul to renew and start with even more strength and focus.**



➤ Scripture is filled with God's promises to provide rest when we seek Him. God is an endless source of peace and strength and He created us to need Him! The following Bible verse will inspire you to slow down and find rest, even if for a moment in God's presence.

➤ <https://www.biblestudytools.com/matthew/passage/?q=matthew+11:28-30>




SABBATH clarification:

- *Not under law, but grace Rom 6.14*
- You are no longer legally required to keep a sundown to sundown Sabbath, because Jesus himself is our rest:



Hebrews 4:

- ⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God's rest has also rested from his works as God did from his.
- ¹¹ Let us therefore strive to enter that rest, .
- ¹⁴ Since then we have a great high priest .
. Jesus Christ





► There is no other Sabbath rest **besides** **Jesus**. He alone satisfies the requirements of the Law, and He alone provides the sacrifice that atones for sin. He is God's plan for us to cease from the labor of our own works. We dare not reject this one-and-only Way of salvation (**John 14:6**).

► <https://www.gotquestions.org/Jesus-Sabbath.html>



The 2 greatest Commandments: Matthew 22.36-40

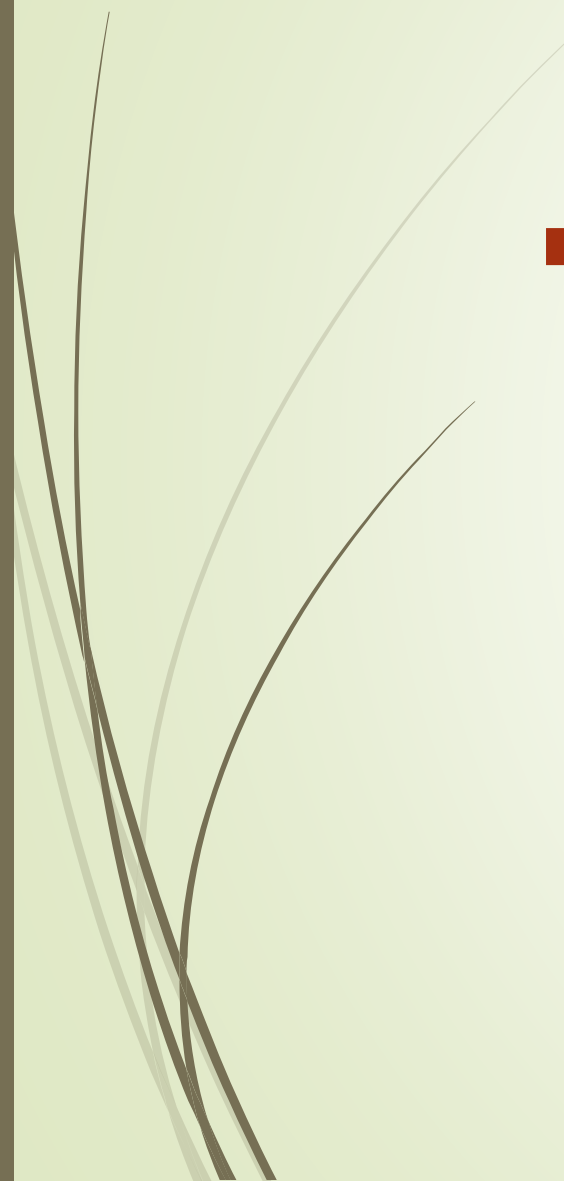

- ³⁶ “Teacher, which is the **greatest commandment** in the Law?”
- ³⁷ Jesus replied: “‘**Love the Lord your God** with all your heart and with all your soul and with all your mind.’ ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your **neighbor as yourself.**’ ⁴⁰ All the Law and the Prophets hang on these two commandments.”

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- ³⁹ And the second is like it: ‘Love your neighbor as yourself.’
 - ***How can you help your neighbor if you are sick and burned out??***



Taking Care of Yourself **biblically:** **Scriptures for rest**

- **28** “Come to me, all you who are weary and burdened, and I will give you **rest.**”
- **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest for your souls.**
- **30** For my yoke is easy and my burden is light.”
 - Matthew 11.28-30, NIV





➤ **31** Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and **get some rest.**”

➤ Mark 6.31



■ The fear of the LORD leads to life, and whoever has it **rests satisfied**; he will not be visited by harm.

■ Proverbs 19.23 ESV





➤ The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will **quiet you** by his **love**; he will exult over you with loud singing.

➤ Zephaniah 3.17 ESV



Philippians 4.4-7


- ⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

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- ⁷ And the **peace of God**, which surpasses all understanding, will guard **your hearts and your minds** in Christ Jesus.




1 Peter 5.6-7

- ⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your **anxieties** on him, because **he cares for you.**



Psalm 91.1-2

- He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.
2 I will say to the LORD, **“My refuge and my fortress,**
my God, in whom I trust.”



Isaiah 26.3-4

- ▶ You keep him in **perfect peace** whose mind is **stayed on you**, because he trusts in you.
- ⁴ Trust in the LORD forever, for the LORD GOD is an everlasting **rock**.



The 'RE' words -

- Renew
- Refresh
- Restore
- Regain
- Re-energize
- Recover
- Even 'rest' starts with 're'!!



Practical ways to renew:

- Time with God
- Walking
- TURN OFF ALL DEVICES!
- Music – listened to, or, even better, played
- Reading
- Laughing!
- Better diet, reduced caffeine
- Gratitude Journal