

the truth that **resting** tells

Exodus 20:8-11 & Deuteronomy 5:12-15

When you've
done enough



SPOILER ALERT:

The Sabbath is not law for Christians.

“Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.”

Colossians 2:16-17

“One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind.”

Romans 14:5

We don't need to follow the law itself
as a law.

We need to let the law teach us about
Jesus, and then follow Jesus.

- ▶ Why did God command his people to rest?
- ▶ What does that show us about our relationship with God in Christ?
 - ▶ How can we receive that and embed it in our hearts and our lives?

~~“You’re not allowed to ...”~~

“You are allowed to stop and rest.”

Exodus 20:

resting says we belong with God

holy = different because it belongs to God

Exodus 20:

resting says we belong with God

“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”

Genesis 2:2-3

Exodus 20:

resting says we belong with God

The Sabbath is about joining God in his rest.

Exodus 20:

resting says we belong with God

“You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.”

Exodus 31:13

Exodus 20:

resting says we belong with God

- In Jesus we are “God’s chosen people, holy and dearly loved” (Colossians 3:12)

➔ How we use our time speaks about who we are and what we love

Deuteronomy 5:

resting says that we are free & God is kind

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Slaves don't get days off.

Deuteronomy 5:

resting says that we are free & God is kind

“Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.”

Matthew 11:28–30

Deuteronomy 5:

resting says that we are free & God is kind

- Jesus is gentle and kind, and as Christians we belong to him and not anyone or anything else.
- ➔ Whether or not we rest speaks about who or what we think is in charge of our lives
- ➔ and where we look for our sense of worth and security.

- Resting says that we belong with God
- Resting says that we are free & God is kind
 - ▶ How can we receive that and embed it in our hearts and our lives?

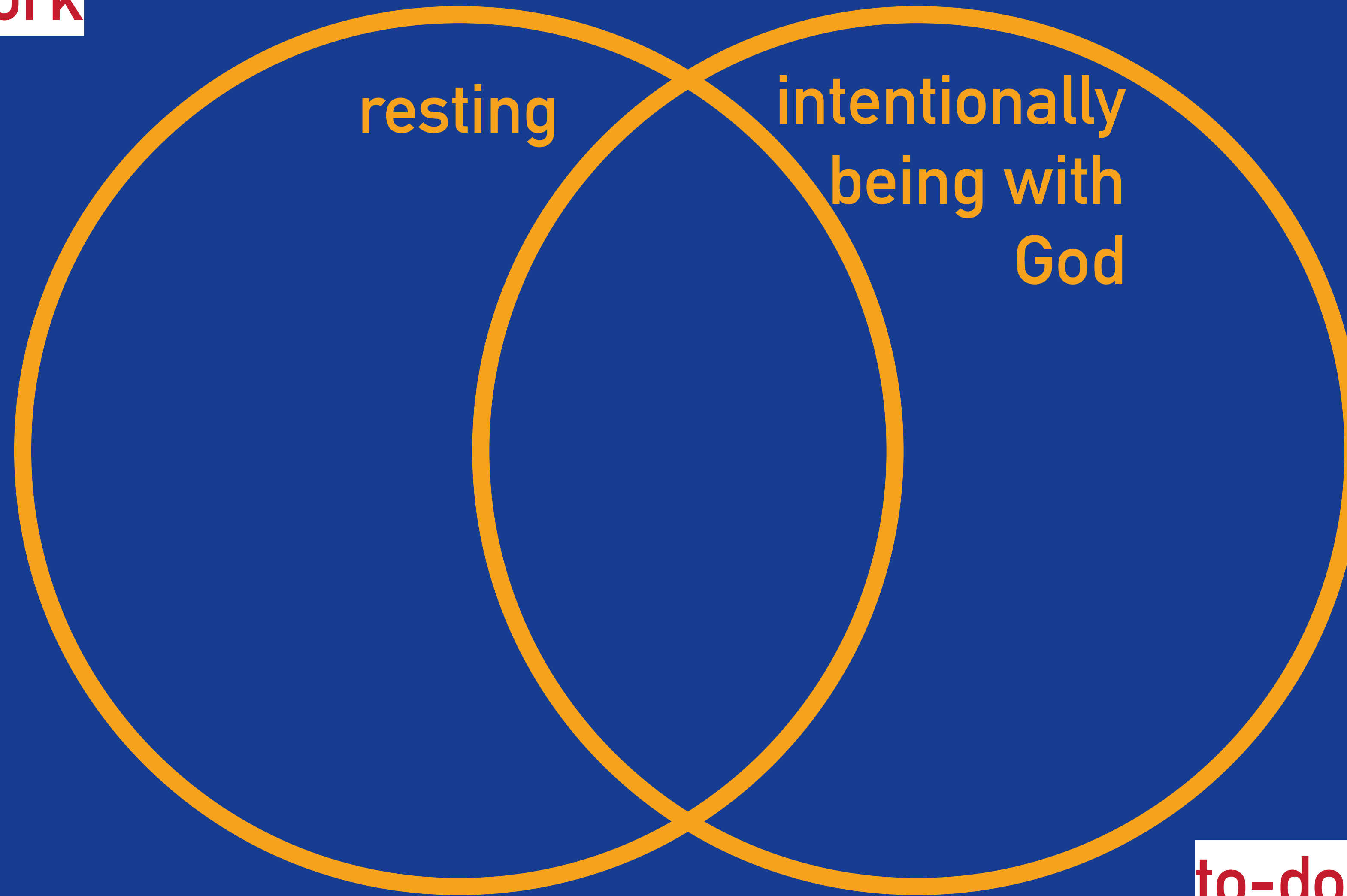
Set time aside

to rest and to be with God

and then don't feel guilty about it.

your main work

doom-scrolling



to-do list mindset

Set time aside

to rest and to be with God

and then don't feel guilty about it.