

Sermon: “Rest”

Weekly Challenge (4-28-24)

Chris started with a discussion from Psalm 23:

*The LORD is my shepherd, I lack nothing. He **makes me lie down in green pastures**, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake.*

-Psalm 23:1-3a

Sheep only lie down in green pastures if they are satisfied.

How does the image of “he MAKES me lie down” help us understand the relationship between God’s discipline and our contentment?

What does it mean to you that “God is enough.”?

Rest also involves feelings of security. In our John series, we have looked at how Jesus lays down at the opening of the sheep pen to protect the sheep through the night. Look at Psalm 4:8:

In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

How does our willingness to rest (not be anxious or greedy) also show our faith in God’s protection?

Read Mark 2:23-28, and then Mark 3:1-6.

What does this say about priorities? Are there times we should not physically rest?

Why does Jesus get angry?

Look at Matthew 8:23-25:

*Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. **But Jesus was sleeping**. The disciples went and woke him, saying, “Lord, save us! We’re going to drown!”*

How does Jesus demonstrate the lesson of Psalm 4:8?

Read Hebrews 4:8-11.

How do we enter the rest of God? How is that a rest from “works”?

How has God sanctified (set apart) “**Today**”?

How can we “make every effort to enter that rest”?

Look at Colossians 2:16-17:

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.**

How can we honor Sabbath and rest while recognizing the freedom we have in Jesus?

How can we honor the shadow without making it out to be the reality?

What steps can you take to rest in the sufficiency of God, and rest your body and spirit regularly?

Could you...

Develop better spending habits to reduce the need to work every moment?

Steward your free time in a way that honors rest and re-creation, rather than only entertainment, distraction, or escape?

Set aside time for God, family, fellowship, and quiet each day?

Start with “TODAY”, today?

Matthew 11:28-30:

“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.”