

## Biblical Rest

### Questions for Study

What do we understand the word rest to mean? Webster's Compact Desk Dictionary defines rest as:

1. sleep or repose
2. ease or inactivity after exertion
3. relief from anything distressing, tiring, etc.
4. absence of motion.

An Expository Dictionary of New Testament Words provides a Biblical definition of rest which defines rest as:

1. cessation,
2. refreshment,
3. to make to cease

The Greek word "anapausis" is the word used throughout the Septuagint (the Greek translation of the Hebrew Scriptures) for the Sabbath rest.

Read Genesis 2:1-3

1. What does the Bible say that God did on the seventh day of creation?

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2. According to these verses, why did God rest from His work?

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As you can see, in the Bible, the concept of "rest" has a different significance than the secular definition. In order for us to be able to experience the rest that God has for each one of His children, we have to have a basic understanding of His plan for us to rest.

Aside from sleep, how do you experience rest?

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We will look at three kinds of Biblical rest: salvation rest, eternal rest, and physical rest.

## Salvation Rest

Read Matthew 11: 20-30. In verses 20 – 24, Jesus pronounces woes on several cities for their refusal to acknowledge Him in spite of His miracles and “mighty works”. In verse 23, He asks, “And you Capernaum, will you be exalted to heaven?” The people of these cities had been following a list of manmade rules in order to win God’s favor and get to heaven on their good behavior.

1. What are people depending on today to get them to heaven?

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2. What are you relying on to get you into heaven?

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3. Read Matthew 11:20 – 30.

A. In 11:23b - 24, what does Jesus tell the people of these cities that the consequence will be for rejecting Him?

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B. According to Matthew 11:28, who does Jesus invite into His rest?

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C. In verses 20 – 24, what is the burden to which Jesus refers?

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C. In verse 29, what kind of rest does Jesus offer?

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D. What work that you’re doing now feels like a burden?

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4. Oxen share a yoke when they work in the field in order to get them to work closely together and share the load, or the burden, of the work. In this verse, it seems that Jesus is indicating that there will be work for us to do when we are yoked to Him.

In the first column, list the work you are doing for the Lord now, either professionally or in ministry to others including ministry to your family.

A.	_____	_____	_____
B.	_____	_____	_____
C.	_____	_____	_____
D.	_____	_____	_____
E.	_____	_____	_____
F.	_____	_____	_____
G.	_____	_____	_____
H.	_____	_____	_____
I.	_____	_____	_____
J.	_____	_____	_____

Next, use the second column to list your motivation to do each type of work. Examples of motivations include money, love, duty, guilt, my pleasure, martyrdom, pleasing another, impressing another, etc.

In the third column, indicate whether the works you do are easy and light or a burden.

5. As you consider all of these “works” are there any that need to be eliminated because either they are someone else’s responsibility or not God’s call for you?

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6. According to Ephesians 2:10, God has planned work for you. Is it the work you are engaged in now? Will you ask Him to show you what work He has for you to do?

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7. Are you aware of any work God is calling you to do that you do not see how you could have the time for it at this point?

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Write a prayer confessing your struggles in this area of works and ask God to make it very clear what He is calling you to do and where He is calling you to let go.

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The “rest for the soul” that Jesus offers is the rest that we have in our salvation, knowing that we have the hope of eternal life in heaven with the Lord.

Read Ephesians 2:8-10.

8. Do you live in the assurance of knowing that whatever work God calls you to do here, as a believer in Him, you will spend eternity in heaven because of the gift of faith that He has extended to you?

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9. If you have that assurance, is it because of God’s grace or your works?

10. If you do not have that assurance, will you ask God to give you the faith that brings assurance?

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## ***Eternal Rest***

Read Revelation 14:13 and 1 Thessalonians 4:13-18

1. What blessing will come to those who are “dead in Christ”?

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2. According to 1 Thessalonians 4:13-18 who will God take with Him when Jesus comes?

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3. How long will they be with the Lord according to 1 Thessalonians 4:17?

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4. What are we to do with the truths from this passage?

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5. Look up the following verses and record what you learn about heaven.

Luke 15:10

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Philippians 3:20-21

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Colossians 1:5

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2 Thessalonians 1:7

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Hebrews 8:1

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Hebrews 9:2

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1 Peter 1:3-4

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Revelation 7:15-17

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Revelation 15:3-4

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Revelation 21:4, 23, 27

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6. Write a prayer thanking God for His provision of eternal rest in heaven for His children.

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## ***Physical Rest***

Read Exodus 20:8-11 and Deuteronomy 5:12-15

1. What was God's plan for the Sabbath?

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2. What reason did God give the Israelites to observe the Sabbath?

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3. Read Luke 4:16, 31; and 6:6 and write down how Jesus spent the Sabbath.

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4. According to Luke 4:38-39, 40-41 what else did Jesus do on the Sabbath?

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5. From the following verses what do you learn about how and where Jesus rested ?

Luke 4:42

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Mark 1:35

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Luke 5:16; 6:12

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6. In 1 Corinthians 6:19-20 we learn that the Holy Spirit indwells the one who has believed in Jesus Christ as Savior and their body is the "Temple of the Holy Spirit". What responsibility does this give us as believers?

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7. How does being physically over tired affect you spiritually?

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8. Jesus has set an example for us about how to rest and recover from fatigue. What part of His example of rest do you need to adopt?

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9. What time could you set aside to get away from the crowd and pray?

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10. Do you have regular times of physical rest where you can get away from the “crowds” in your life? Take some time now and write a prayer to God, asking Him to give you times of physical rest that will offer you spiritual rest as well.

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If you are over busy or constantly fatigued, how will you incorporate physical rest into a life of salvation rest that has a hope in eternal rest?

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