

Keep On By Resting In The Lord

July 11, 2020

Keep On Keepin' On, Pt. 6

What Is Biblical Rest?

Genesis 2:1, *Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. 3 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.*

- **Biblical Rest Is Life In The Proper Order**

Matthew 11:28, *"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."*

How Do We Get Rest Back?

- **Believe Jesus Is The Rest-Restorer**

Matthew 11:28, *Come to Me, all you who are weary and burdened, and I will give you rest.*

- **Quit Seeking Rest Apart From Him**

Matthew 11:29, *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 23:2, *The scribes and the Pharisees are seated in the chair of Moses. 3 Therefore do whatever they tell you and observe it. But don't do what they do, because they don't practice what they teach. 4 They tie up heavy loads that are hard to carry and put them on people's shoulders, but they themselves aren't willing to lift a finger to*

move them. 5 They do everything to be seen by others: They enlarge their phylacteries and lengthen their tassels. 6 They love the place of honor at banquets, the front seats in the synagogues, 7 greetings in the marketplaces, and to be called 'Rabbi' by people.

Matthew 12:7, *If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. 8 For the Son of Man is Lord of the Sabbath.*

- **Intentionally Seek Rest In Christ**

Colossians 2:16, *Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. 17 These are a shadow of what was to come; the substance is Christ.*

- **Intentionality Is Constantly Asking: What Occupies My Mind?**
- **Intentionality Is Not Waiting For Your Work To Be Completed.**

Matthew 11:30, *For My yoke is easy and My burden is light.*

Mark 4:35, *On that day, when evening had come, He told them, "Let's cross over to the other side of the sea." 36 So they left the crowd and took Him along since He was in the boat. And other boats were with Him. 37 A great windstorm arose, and the waves were breaking over the boat, so that the boat was already being swamped. 38 He was in the stern, sleeping on the cushion. So they woke Him up and said to Him, "Teacher! Don't you care that we're going to die?" 39 He got up, rebuked the wind, and said to the sea, "Silence! Be still!" The wind ceased, and there was a great calm. 40 Then He said to them, "Why are you afraid? Do you still have no faith?" 41 And they were terrified and asked one another, "Who then is this? Even the wind and the sea obey Him!"*