A Neo-Monastic Life on Mission

Rest

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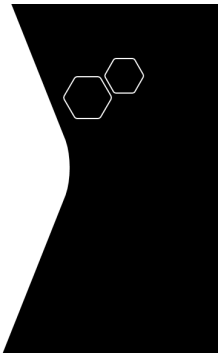
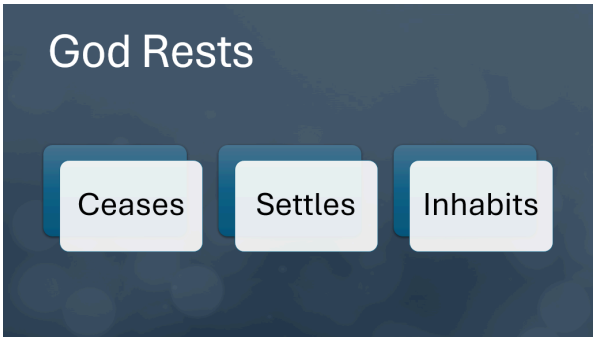
This series is about how the Holy Spirit marks us and empowers us so we can engage in the culture around us and meet Jesus and be transformed.

Today we will talk about the idea of REST: we have some pre-conceived ideas of this ranging from extremes: an escapist mentality in a beautiful getaway or binging on Netflix to exercise and achieve wellness and health (extreme backpacking, going to the gym). We don't get enough sleep so we have formulas for better sleep. You can even buy $300 sleep accessories



We want to have spa getaways because we realize that getting away is important: is this the way we can get rest? How can we get the most out of our rest ?



The reason we seek rest is because it's in our DNA: God rests**: ceases, settles in, and inhabits.**

We will talk about these three important things which will frame how we are to think about rest. Keep in mind that this sermon is basically **REST 101**; there is so much more!

Rest: Ceases

Genesis 2:2 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.

God does 6 days of work and then he **CEASES**: this is where we get the word "*Sabbath*." He finished work and he acknowledges that he accomplished something. So part of rest is stopping and acknowledging what has been done in the form of reflection. The invitation is to imitate God and stop and reflect what we did over the previous week.

Fallow month here at the Village gives us a whole month to think about what God has done the previous 11 months. We are stopping from trying to figure out how we can survive. God makes this time HOLY:

1. We stop and reflect what God has done
2. Recognize this as holy

Rest: Settles

Exodus 20:8 "Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he **rested** on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Now this doesn't always 'work' out so well. Adam and Eve were expelled from the Garden and things didn't go so well.

Notice the repetition of what happened in Genesis but **REST** is a different word. This one means **to settle in.**

One of my favorite things is to scrub the house and clean up and then just sit there and enjoy it before it's messed up again. God did this: God settled in and enjoyed what he created. We are invited to settle into what has been done: It's not running to the next thing: It's enjoying what God has done.

Rest: Inhabits

Psalm 132:13 For the Lord has chosen Zion, he has desired it for his dwelling, saying, 14 “This is my resting place forever and ever; here I will sit enthroned, for I have desired it.”

Another way God rests is he **INHABITS:** the word for rest here means to inhabit forever. God is deeply relational and connected to what he creates.

So…there is ceasing, settling, and inhabiting!

The Bible says Jesus is the Lord of the Sabbath: rest moves away from a **day** to a **person**. This doesn’t mean we don’t take days to rest but the concept is different. Let’s process this in order to really understand rest.

Sin always breaks rest and leads to restlessness

The wicked are like the tossing sea, which cannot **rest**, whose waves cast up mire and mud. ‘There is no peace,’ says my God, ‘for the wicked.’ - Isaiah 57:20–21

You cannot rest when you are in chaos

Sin always breaks rest and leads to restlessness!!!

Let’s stop from thinking about our own sin and think about corporate sin which puts us all in this place: this is **WHO WE ARE**. You cannot rest when you are in chaos. Hold on to this!

The cross is where rest begins . . . Again

But when this priest (Jesus) had offered for all time one sacrifice for sins, he sat down at the right hand of God –Hebrews 10:12

You cannot rest until something is finished, and Jesus finished it.

The cross is where rest begins; up until this was chaos. Jesus finished something on the cross: he dealt with sin (Heb 10:12). Think about the house illustration:

My mom loved to teach her kids how to clean and I therefore wanted to clean up the kitchen and then put one dirty dish in the sink. You cannot rest until something is unfinished! If sin has not been dealt with, then chaos would reign.

The cross replaces condemnation with peace.

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. - Romans 8:1–2

Accusation leads to anxiety; justification leads to peace.

No where is peace mentioned in the Genesis garden: it permeated everything. ***It just was***. In Romans 8:1-2 Paul says the law of sin and death brings **accusation**. This voice is **not** the law of the spirit and grace. ***This is very important to understand!*** This is what Sabbath is! Rom 8:16 says the Spirit testifies we are God’s children. We spend most of our time hearing accusations but NONE of these are the voice of the Spirit.

The Spirit Reminds Us of Who We Are

The Spirit himself testifies with our spirit that we are God's children." - Romans 8:16

Identity is where peace comes from.

The Holy Spirit convicts of our identity: if we walk into temptation and we hear that we are stupid and cannot get it right, this is not the Holy Spirit. The Holy Spirit will tell us that we are a child of God; don't do it! Don't do the things you used to participate in.

Dr. David Crawford spent a long time becoming a doctor: He was not called a doctor from the first day of medical school. But for us, we enter into the kingdom of God covered in the blood of Jesus: we are already a child and so we learn what we are. If we mess up, we are still a child. This is what the Holy Spirit does: this is what Sabbath does for us.

Every time you head towards rest, understand you can do those things joyfully because of what Jesus has done. All the pieces have already been given to you: You are free to watch Netflix or go on vacation to understand what Christ has already done. Settle into it, take a deep breath and listen to your identity. ***Inhabit this identity***, knowing that you can live in this forever.

Identity IS your rest.

Rest as a Practice of Trust (lift-up, again)

30 The apostles gathered around Jesus and reported to him all they had done and taught. 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 6:30 - 31

Like an athletic endeavor, **you must practice rest.** *If you aren't going to practice rest that connects you to God, you aren't going to really rest:*

1. **You have to be with Jesus;** spending time with him by yourself. Maybe it's 5 minutes but you need a quiet place. As you build this pattern, you develop a perspective on what is true rest (instead of the other things people do).

2. **Imagine** how this would look in your life: what would this look like? Jesus see the rules of the people and says

Rest as a Practice of Trust (lift-up, again)

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

What is Jesus teaching in Matthew 11: don’t be shamed and guilty; instead, live into and to rest in your true identity. ,