**Remember to Rest**

**Introduction:**

The Red Baron and his counterparts in World War I flew planes that were not equipped with throttles for slowing down or speeding up. As you can imagine constant full speed took its toll on the life of the engines, and takeoffs and landings were always an adventure. Veteran missionary pilot, Bob Griffin, described those WWI aircraft in his book, Cleared for Takeoff.

In contrast to those planes, Bob flew an aircraft with a throttle and a tough Lycoming engine that came with these instructions: “Takeoff power [full power] may be used for only a maximum of 5 minutes.” The pilot was instructed to back off from full power as soon as possible. Trouble was ahead for those who ignored the warning.

God did not create us to run at full speed all the time. We may race for a while with open throttle through our Christian lives, packing our time with one activity after another, but if we don’t slow down occasionally, we are headed for burnout or a crash landing.

During an especially busy time, Jesus urged His disciples to “come aside . . . and rest a while.” (Mark 6:31) We too need times of rest not only for physical renewal but also for spiritual refreshment through reflection, Bible reading, and prayer.

Are you running at full speed? Let up on the throttle.

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The Bible reveals that resting can actually be service to God.

Maimonides, the renowned 12th century rabbi and physician, once said, “If a person sleeps in order to allow his mind to rest and to give rest to his body so that he should not become sick and unable to serve God because of illness, in this case his very sleep is service to God.” It all depends on our intention. If we eat so that we can have energy to serve God, then our eating is service to God. And if we rest so that we can serve God with joy, enthusiasm, and strength, then resting, too, can be service to God.

Moreover, there is a deeper significance to resting as service to God. When we rest – when we take a break from doing all the things we typically do – we demonstrate our faith in God. Many people become workaholics because they think that if they stop working, the world will stop spinning on its axis. When we rest, we recognize that God is the one running the world, not us. This faith is also service to God.

This week, take a break. Remember to rest, relax, and rejuvenate. Sometimes the greatest thing that we can do for the glory of God is to do nothing at all.

Eckstein

In this lesson we want to examine what scripture tells us about the importance of rest.

**Body:**

1. **What Is Rest?**

* Rest is freedom from toil and strain in order to relax or recover strength.
* Rest is freedom from whatever worries or disturbs you. It is to cease from work with the idea of release from anxiety, worry, and insecurity. (Matthew 11:28-30)
* Rest can mean to lie down, be settled, fixed and secure. There is no running around in frustration.
* To rest is to dispose yourself at ease in order to relieve or avoid fatigue [burnout].
* Rest can also mean to lean on, as in the song, “Leaning on the Everlasting Arms.” Lean on Jesus for support knowing He will always be there for us.
* So the mind is at rest when it ceases being disturbed or agitated.
* During the days of the judges, the Lord was said to be at rest on different occasions. (Judges 3:11, Judges 8:28) The word used here means to be still, inactive, or undisturbed, to be in a state of tranquility. It has the idea of being a time of safety and security.

1. **The Need for Rest**

* This is a time as relief from anxiety. (Ecclesiastes 2:22-23, II Corinthians 2:13)
* This is a time as a refuge from trouble. (Psalm 55:4-8)
* This is a time as recovery from fatigue. (Matthew 8:24)
* This is a time as relaxation from Christian ministry. (Mark 6:31)
* This is a time as release from turmoil. (Job 3:20-26)
* Rest is quite valuable. (Ecclesiastes 4:6)

1. **How to Find Rest**

* Know God is with you. (Exodus 33:14) He is always watching over you. (Psalm 33:13, Psalm 4:8)
* Trust in the Lord’s promises. (Psalm 37:3-7)
* Find rest through the Lord’s salvation. (Psalm 116:5-8)
* Walk in the ways of the Lord. (Jeremiah 6:16)
* Find rest through fellowship of others believers. (Romans 15:32, II Corinthians 7:5-7)

**Conclusion:**

There remains a heavenly rest for the faithful child of God. (Hebrews 4:1-3,10-11)

Bobby Stafford

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