

Find Rest in God

Scripture: Exodus 20:8-11
(10-18-26 Pastor Tony Hao)

Some of us are running like crazy, thinking, “Why don’t people give me some kind of break?” Some of us are desperately seeking the rest we have not found in Christ—or we’ve found it, but we frequently forget it and never stop working, cleaning, planning, plotting, fretting, fussing, worrying, and trying to prove ourselves to our parents, spouse, kids, or the church. We’ve never really appropriated what it means to have grace. There’s always something else we need to do to show the world that we’re worth something—that we’re valuable, loved, and okay.

Resting can be hard work, whether we are talking about one day in seven or depending on Christ every day of our lives. That’s why we must strive to enter God’s appointed rest. We have to fight the fight of faith. We have to depend on God instead of our own planning and hard work. Sabbath rest is about making Jesus Christ the center of who we are. It means ceasing to find approval in others, stopping the foolish quest for our own righteousness, and trusting that true health, strength, vitality, and freedom can be found only when we cease from our labors and rest in Christ.

You don’t have to earn anything. You don’t have to prove anything. The world does not depend on you. Your salvation does not depend on you. Can you hear the sweet voice of Jesus say, *"Come to Me . . . and I will give you rest"*? Take Him at His word. Believe Him. Trust Him. Run to Him. And then, giving Him praise and giving yourself a break.

GROWING DEEPER (Reflection & Application)

1. How do you find rest? In what way was it “restful”? How is it not?
2. What kind of rest does God want us to have? How do we experience God’s rest? Do you long for this rest?
3. How do you view Sundays? As you think of the fourth commandment, what changes might you make to how you live out that day each week?