



Rest as Worship

Made for This

July 18, 2021 Pastor Aaron Nichols Centreville Baptist Church

Exodus 20; Deuteronomy. 5

MESSAGE NOTES:

²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly 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)

Three reasons we should prioritize rest.

1. To _____ us that _____, not _____ is to be worshipped.

⁸ “Remember the Sabbath day, to keep 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy”. (Exodus 20:8-11)

2. To _____ us that God _____ for us.

3. To _____ us that God has _____ us.

¹² “Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female

servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. ¹⁵ You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day." (Deuteronomy 5:12-15)

4. Application

1. Rest _____.

2. Rest _____.

3. Rest _____.

DISCUSSION QUESTIONS:

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

1. Review the main points we see in the text. We should prioritize rest to remind us that God, not work, is to be worshipped, to remind us that God provides for us and to remind us that God has saved us. Which of these reminders do you need to hear most often? Why?
2. What rhythms and routines do you currently have to incorporate physical, emotional and spiritual rest into your life?
3. What are your main reasons for not intentionally resting? Are there any areas where you need to grow? Are there any areas where you need to re-prioritize things in your life?
4. We face the same challenge today to trust in God's provision today. If you rest one day a week, will you be able to hold a job, keep the house clean, prepare meals, mow the lawn, or complete your other responsibilities? How can you intentionally rest in order to grow in this area of dependence on God's provision?
5. How will you plan and schedule rest into your weekly rhythm?
6. What things do you need to say 'no' to in order to prioritize rest?
7. What do you need to say 'yes' to in order to prioritize rest?
8. What are things in life that stir your affections for Jesus and should be a regular staple in your rhythm of rest?