

The Significance of Rest

Text: Gen 2: 2-3, Mark 6: 30-32;

Aim: To enable believers to appreciate the importance of rest in the day-to-day physical activities as well as spiritual functionality.

Introduction

Rest is a purposeful God-given necessity for both physical and spiritual renewal. It also refers to a period of ceasing from work or movement in order to sleep, relax or recover strength. This period is characterized by minimal functional and metabolic activities. Rest is essential for effectiveness of both bodily and spiritual functions of an individual. God has given us responsibilities not with the intention to destroy us but to make us great. The ability to manage responsibilities with intermittent rest for re-fueling brings out the best that God has deposited in you. He therefore set an example by creating the world in 6 days and resting on the 7th day.

Study Questions

1. Discuss the activities from which one needs to rest? Mk 6: 31, Exo 20: 8 – 10, Matt 11: 28-30, Phil 4: 6-7, Ps 127:2 (NLT)
2. Discuss the importance of rest
3. What are the consequences of lack of rest? Discuss; Exodus 18:17-18
4. What are the things that can interfere with rest?
 - A. Inability to manage work schedule or Excessive workload
 - B. Fear:
 - C. Lack of God's presence: - Ex 33:14, Ps 62:1, Jer 31:25 (NLT)
 - D. Lack of contentment/ patience: - Ps 37:1, 7.

Conclusion

Rest is an integral part of human existence, as it is crucial for both physical and mental health. It allows the body to recover, repair itself, and rebuild energy. It is also essential for effective spiritual functions; no wonder Jesus advised his disciples to relocate to the desert, and rest (Mark 6:31). This also stresses the fact that adequate rest can be achieved when one is detached/ separated from an environment that is capable of causing anxiety. As humans, rest re-energizes, rejuvenates and restores the soul, reminding us of who we are and filling us with our true identity in God. So let us intentionally create time to rest and enjoy the gift that our creator has given us!

Memory Verse: Psalm 127:2 "It is useless for you to work so hard from early morning until mid at night, anxiously working for food to eat; for God gives rest to His loved ones. (NLT)