

Cultivating our Appetite for God: Resting
Exodus 20:8-11, Matthew 11:28-30, Luke 10:38-42
Sermon Outline

Introduction: Augustine wisely observed that our hearts are restless until they find their rest in God. One of the ways we find God's rest is by resting. Why should we rest? How do we rest?

I) Why should we rest?

A) God commands it

Exodus 20.9: Six days you shall labor and do all your work, but the seventh is a Sabbath to the Lord your God

A rhythm—not easy but good

B) Why does God command rest?

1) Because time, like everything else, belongs to him

*V 10: ...the seventh day is a Sabbath **to the Lord**...*

2) Because rest is good for us

*V 11: Therefore the Lord **blessed** the Sabbath...*

3) Because God wants us to trust him about outcomes

II) How do we rest?

A) Routinely

B) Not slavishly

Good for us—restorative

Matthew 12: Plucking and eating

Working to heal and help others rest

C) At Jesus' feet

Luke 10: Mary has chosen the good portion, which will not be taken away

Matthew 11: Come to me all who labor and are heavy laden, and I will give you rest

- Why taking rest in Jesus is crucial to obeying and experiencing the 4th commandment
- God the Servant, *gentle and lowly of heart*, brings us safely home

Take Away: Taking Jesus' yoke rather than some other.

Questions for Reflection this Week

- 1) God commands us to rest one day in 7. What difficulties do you have with this?
- 2) God's commands are not arbitrary but come from a Person who knows us well because he made us. How have you found regular rest to be good for you? Why do we sometimes become obsessive about work?
- 3) Reflect on the following: "The person who obsesses over work or over doing the right thing is usually a person who is trying to control outcomes. But anyone who has lived long enough in this world knows that it is impossible to control outcomes. We cannot make the perfect job happen. Nor can we ever be so good that our consciences never nag us."
- 4) Read Matthew 11:28-12:8. Notice the Sabbath language in Matthew 11 and the Sabbath behavior in Matthew 12. How do both Matthew 11 and Matthew 12 reveal Jesus as "the Lord of the Sabbath?"
- 5) What clues do Matthew 11:28-12:8 and Luke 10:38-42 give us to the heart of Sabbath observance according to Jesus?
- 6) To take on Jesus' yoke, according to Matthew 11, is to learn from him and to allow him to direct your steps. What sort of experience does Jesus promise to those who choose to take on his yoke, and why should we expect such an experience given what Jesus tells us about himself.
- 7) Has following Jesus been a burden or a rest for you? Explain your answer.