

Living in Hope with the One Leader Study Series

Title: *Rest and Refreshment*

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This crisis has forced us out of our routine and, for many of us, has given us time that we can use to strengthen our walk with the Lord and serve others. Take time to rest in the Lord. This does not mean sleep or do nothing. I'm using and allowing this time to rest, refresh, and refocus.

Matthew 11:28-29 AMPC *"²⁸ Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] ²⁹ Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls."*

- **Rest** is freedom from work, toil, strain or activity. It also means freedom from whatever worries or disturbs you. Some people cannot **rest** mentally and emotionally because they are so easily annoyed. Every nuisance upsets them and they feel hassled.
- **Rest** is the cessation of motion or action of any kind, and applicable to any body or being, as rest from labor, rest from mental exertion or rest of body or mind.
- **Rest** is a release from anxiety, worry, and insecurity.
- **Rest** does not mean freedom from all nuisances and hassles; it means freedom from being so easily bothered by them.
- **Rest** means to be inwardly quiet, composed, peaceful.
- **Rest** can mean to lie down, be settled, fixed, secure. There is no more shifting about in frustration from one thing to another, no more running in circles.
- **Rest** involves remaining confident, keeping trust. In other words, to rest in something or someone means to maintain our confidence in it or him; to lean on.

Antonyms of rest include restlessness, strain, toil, drudge, and grind.

Psalm 46:10 *"Be still and know that I am God."* Without rest and stillness, it is difficult to know and experience the Lord.

To enter God's rest means to be at peace with God ([Romans 5:1](#)), to possess the perfect peace He gives ([Isaiah 26:3](#)). It means to be free from guilt and even unnecessary feelings of guilt. It means freedom from worry about sin, because sin is forgiven. In God's **rest** we are forever established in Christ. In Christ, we are established, rooted, grounded, unmovable ([Colossians 2:7](#)).

To enter God's rest, therefore, means to enjoy the perfect, unshakable confidence of salvation in our Lord.

We have no more reason to fear. We have absolute trust and confidence in God's power and care.

To enter into God's rest means that for the remainder of our lives and for all eternity we can lean on God. We can be sure that He will never fail to support us. In the new relationship with God, we can depend on Him for everything and in everything—for support, for health, for strength, for all we need. It is a relationship in which we are confident and secure that we have committed our life to God and that He holds it in perfect, eternal love. It is a relationship that involves being settled and fixed. No more floating around. We know whom we have believed, and we stand in Him.

Relationship of rest and refreshment. *Exodus 31:17 AMPC*, “It is a sign between Me and the Israelites forever; for in six days the Lord made the heavens and earth, and on the seventh day He ceased and was refreshed.” This verse tells us that God not only rested on the seventh day but also “**was refreshed**” (Hebrew = napas = renewal of energy of mind and body).

Romans 15:32 AMPC “So that by God's will I may subsequently come to you with joy (with a happy heart) and be refreshed [by the interval of rest] in your company.”

1 Corinthians 16:18 AMPC “For they gave me respite from labor and rested me and refreshed my spirit as well as yours. Deeply appreciate and thoroughly know and fully recognize such men.”

Psalms 116:7 AMPC “Return to your rest, O my soul, for the Lord has dealt bountifully with you.”

Psalms 37:7 AMPC “Be still and rest in the Lord; wait for Him and patiently lean yourself upon Him; fret not yourself because of him who prospers in his way, because of the man who brings wicked devices to pass.”

Here's the application:

- **Rest is critical to experiencing the Lord and being intimate with Him.**
- **Entering the rest of God and being still takes intentionality and saying no to the urgent and noise of the world.**
- **Know Christ and you will know rest. No Christ and there will be no rest!**
- **When you rest, you also are refreshed! You are energized and strengthened.**

How is your rest? Are you growing? Are you being refreshed?

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