



HELD BY REST AND REFRESHMENT

May 24 & 25, 2025

Job 20:18 (MSG)

... unable to relax and enjoy anything they've worked for.

John 15:4a (NLT)

Remain in me, and I will remain in you.

John 16:33 (NLT)

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart because I have overcome the world."

Exodus 23:29-30 (GW / LB)

I am not going to give everything I have promised you in a single year because you are not prepared to handle that much blessing, and it would be too much for you to manage. Instead, you will take possession of what I want to give you little by little—so that you can grow. Then you will be strong enough to handle it all.

_____ as a model for how we should rest.

Exodus 31:17 (CEV)

This day will always serve as a reminder, both to me and to the Israelites, that I made the heavens and the earth in six days, then on the seventh day I rested and relaxed.

- **Our Good Shepherd delivers _____ and _____.**

Psalms 23:1-2 (NIV)

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters...

- **To give God _____ requires rest.**
- **The difference between being _____ and being _____ is often rest.**
- **Resistance to rest is _____.**

5 REASONS WE OVERWORK AND UNDER “REST”

1. **Misplaced _____ – basing my worth on my work.**

Ecclesiastes 10:15 (NIRV)

The work foolish people do makes them tired. They don't even know the way to town.

2. **Materialistic _____ – always wanting more.**

Proverbs 23:4-5 (NIV / TEV)

Do not wear yourself out trying to get rich; have the wisdom to show some restraint! Your money can be gone in a flash as if it had grown wings and flown away like an eagle.

- 3 **Manufacturing _____ – envy of wanting to be like others.**

Ecclesiastes 4:4a (TEV)

I have also learned why people work so hard to succeed: it is because they envy the things their neighbors have.

- 4 **Magnifying _____ – achievement over relationships.**

Ecclesiastes 4:7-9 (MSG / CEV)

Here is another thing I have seen on earth that makes no sense; some people don't have any kids or family or even friends, yet they work obsessively, never taking a break. There is no end to their toil and they are never content with what they have done or earned... they never ask, "Why am I always working to do more?" And, "Why do I not let myself enjoy life?" "And who cares? Who will get what I leave behind?" What a senseless and miserable way to live! You are better off having someone to enjoy and share the rewards of your work.

5. **Massive _____ – I'm fearful I will never have or be enough.**

Ecclesiastes 6:7 (MSG)

We work to feed our appetites; meanwhile our souls go hungry.

Psalms 127:2 (LB)

It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.

THE 5 ANTIDOTES TO BEING OVERWORKED AND UNDER-“RESTED”

1 _____ my value to God. (*Value*)

James 1:18 (NLT)

He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.

3 Realities about My Value:

- God created me in His _____.
- Jesus died for me to have eternal _____.
- Holy Spirit lives _____.

It's not what I do that gives me worth, but who I _____ to!

Isaiah 49:16a (GW)

I have engraved you on the palms of my hands.

2 _____ what I already have. (*Contentment*)

Philippians 4:12-13 (NIV)

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Ecclesiastes 4:6 (CEV)

Yet a very little food eaten in peace is better than twice as much earned from overwork and chasing the wind.

The greatest things in life aren't _____.

Ecclesiastes 9:9 (CEV)

Life is short, and you love your wife, so enjoy being with her. This is what you are supposed to do as you struggle through life on this earth.

Ecclesiastes 3:13 (GW)

It is a gift from God to be able to eat and drink and experience the good that comes from every kind of hard work.

Matthew 6:31 (MSG)

“What I’m trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God’s giving.”

3

_____ my work so I have at least one day of rest.
(Sabbath)

God says to take a day off every _____.

Exodus 23:12 (CEV)

Work the first six days of the week, but rest and relax on the seventh day. This law is not only for you, but for your oxen, donkeys, and slaves, as well as for any foreigners among you.

Exodus 20:9-10a (TEV)

You have six days in which to do your work, but the seventh day is a day of rest dedicated to me.

Sabbath means: a _____ of rest.

Mark 2:27 (LB)

But the Sabbath was made to benefit man, and not man to benefit the Sabbath.

Proverbs 14:30 (NLT)

A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

Three Things to Do on Your Sabbath:

- _____ your body.
- _____ your emotions.
- _____ your spirit.

4

_____ my priorities. (*Intentionality*)

Mark 8:36 (NIV)

What good is it for someone to gain the whole world, yet forfeit their soul?

5

_____ restlessness for God's perfect peace.
(Peace)

Matthew 6:26-30 (NIV)

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?"

Matthew 11:28-30 (MSG)

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."



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God rests as a model for how we should rest.

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- **Resistance to rest is immaturity.**

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