

“Finding Rest” // Hebrews 4:7–9; Matthew 11:28–30 //

Distracted # 1

Psalm 96 tells us to declare the worthiness of his Name before the nations and tell of ALL his wondrous deeds... If you believe that he is worthy of our highest devotion this weekend, would you put your hands together and lift your voices in a shout of praise at all our campuses?

Not our worthiness but yours

Not to receive a reward for our righteousness but to rejoice in your mercy

Not because of our ability but because of your willingness to help

Summit! You can go ahead and be seated at all of our locations.

HEBREWS 4, if you have your Bibles...

I hope you are **doing well** and that your **summer is going great**.

I had **several of you ask me if I wasn't here** last weekend because I was watching the World Cup. I **do love the World Cup** but that's not why I wasn't here.

Works Consulted:

“12 Ways,” Tony Reinke

“Death by Distraction,” Steven Furtick

“With the Anxious (Luke 10),” Tim Keller

“The Art of Rest,” Adam Marby

“Fatal Distraction,” Andy Stanley

“The Prayer of Rest,” Richard Foster

“The Reset Giver,” Tim Keller

“Do Not Disturb (Pt. 1),” Kevin Queen

- **Pastor Danny** wasn't here either and I asked him if that's what he was doing, “No. If I wanted to watch something for 90 minutes that had no points, I'd just pull up one of your sermons!”

I've **been trying to do what many of you during the summer**—to get a little bit of time off, maybe get away... SO I want to spend a couple of weeks talking about “rest.”

A lot of us look to the summer as a time to break things up a bit. (I know **some of you with young kids are like**, “Are you joking? Vacations aren't rest.” **And I'm with you**: I had to stop calling them vacations because I always came back so MAD at how tired I was—I was like, “I can't wait to get back to work so I can get some rest.” So, I renamed them “family trips” and that helps me cope more.

I know that for a lot of you, **between work, family, kids**, managing **extended family**, you are **just tired**.

- I have a friend with young kids who tells me that each night he has a little ritual where he stops his car in a little **parking lot** about 5 minutes from his house, gets himself mentally psyched up to arrive home, prays, does a few Hail, Mary's! and drinks a Red Bull because he knows the most intense part of his work day is about to start.

So, to all of you parents out there, **I salute you**. But I know you are tired.

Complicating this is the fact that we have a culture that **chronically overworks**—even going to far as to teach overwork as a value.

Every study out there, of course, shows that it is bad for us:

- **We know it is bad for our families.** A lot of parents try to justify overwork by saying, “I’m going this for the family,” but **like Nicolas Cage in one of his greatest movies, *Family Man***, you look up one day and realize they don’t have much a family. (He’s a man for all seasons)
- **Overwork** is also bad for our **health**.
 - **Healthcare professionals say “overwork” is more often than not a factor** in the most common medical ailments in our society—including *heart disease, lung ailments, cancer, accidental injuries, and cirrhosis of the liver*, just to name a few...
 - A recent **CNN study** showed that **those who work 11-hour days** are (*get this*) 250% more likely to become depressed than those who limit their work 8-hour days.¹ **The reason is that when you are under work stress your body releases** a certain amount of chemicals and hormones to deal with it—which is fine in normal rhythms but when you work too much it literally poisons your body, throwing off your levels and leading you more anxiety and depression.²

But **there is A REASON** many of us are driven to overwork:

- **The most obvious being that work is how we provide for ourselves.** The privileges we enjoy, we believe, are in direct proportion to how hard we work.
- **But work is sometimes how we establish our identity.** We think the nature of our **work determines our worth**.
 - *It’s the 2nd question we ask people when we meet them, isn’t it? (After, “What is your name,” we say, “What do you do?”*
 - And **because we know people often judge** us based on the kind of work we do, we **sometimes try to exaggerate it**.

¹ <http://www.cnn.com/2012/01/25/health/working-overtime-doubles-depression/index.html>. See also Gordon MacDonald, *Ordering Your Private World*.

² Michael Sleeth

- Have you **noticed how normal job titles** have given way to more impressive sounding ones? I saw a **Pizza Hut advertisement** looking to hire a shift manger that said, “Trying to fill a position for Dean of Pizza.” **Another restaurant chain** is taking resumes for a “Beverage Dissemination Officer”—**otherwise known as a bartender.**³
- Or, **do you ever see one of those companies** where everyone identifies as a “VP?” How many VP’s can a 6 person company have?
- I read a **Wall Street Journal article** that said that most of us inflate the number of hours we work because it makes us feel important to be so in-demand.⁴
- **Sometimes we are driven to overwork** because we’re trying to please other people. You fellow type-A-ers, firstborns—you don’t want to let people down; you’ve got to live up to expectations. So, you have to answer that email. You have to return the phone call. You are **attached to your phone like it’s an IV**. You’ve checked it **6 times** since I started this message. I see you. **We’re going to talk about you next week.**

Bottom line is that **for all these reasons, we’re a tired people**, which is why I want to spend a couple of weeks talking about rest.

There’s a little phrase in Hebrews that has always had an **incredibly attractive power** to me: **“So then, there remains a Sabbath rest for the people of God.” Hebrews 4:9 Rest. There remains a rest for the people of God.**

It’s similar to Jesus’s promise in **Matthew 11:28–30**, **“Come to me, all you who labor and are heavy laden, and I will give you rest.”**

³ I know of one pastor who when he meets people on a plane calls himself, “The Cultural Architect of the XXXXX Community.” **It sounds more important.**

⁴ <http://online.wsj.com/article/SB124355233998464405.html>

Today I want to explore these two passages because most of us have no idea what Jesus is talking about.

- If anything, Christianity just feels like **more stuff to do**.
- But according to Jesus, the core of the Christian experience is **rest**.

Dallas Willard says that for most of us we jump into the busy part of Christianity—serving your neighbor, being active in the church, getting busy with spiritual disciplines—but we skip **the rest part** which is crucial in being able to accomplish the other.⁵⁾

Until you learn to rest correctly *in Christ*, all of your work *for Christ* is going to be off.

Here's our "big idea" for the day: **Those most mature in Jesus are not those working hardest for him but those resting best in him.**

It's how we evaluate Christians—how busy they are—always at the church; memorized 19 chapters last month...

The writer of Hebrews ties this rest to the Old Testament concept of "Sabbath," so let's take a minute and **unpack that idea**.

Moses explains the purpose of the Sabbath in **2 primary places**: The first is in Exodus 20, when he gives the 10 commandments: ⁹ **Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God...** 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 20:9–11 God created the world in 6 days and rested on the Sabbath, so we should also. We were to do this for **3 major reasons**:

- a. **To remind us that God is the point of our lives.** To take a day to recognize that God didn't create us to accomplish tasks but to be in love with him.

Sometimes the tyranny of life can cause us to disconnect from the purpose of which we were created, which is the quickest way to live in misery.

Studies show that we can endure a lot of strain, even pain, if we know the purpose behind it, so we were to **take one day off just to remind ourselves** of that.

We weren't *created for a job; we were created for God*.

On that day we were **just supposed to enjoy him and his creation**. Just to be alive. One day 'to be' rather than to do.

- b. **To remind us that God is the provider for our lives.** In many ways, taking this day off was inconvenient, especially in ancient Israel. Survival was often a **day-to-day, season-to-season affair**. Crops had to be harvested daily. Water had to be drawn daily. **To cut your productivity by 1/7** could make the difference in life and death! No other society did this!

But God commanded his people to do it because he wanted to remind them at the end of the day it was **his responsibility to provide** for them...

So, he had them cut their productivity by 1/7 to give him space to work. **Here was his promise (it is the SABBATH PRINCIPLE)** – if they would take off one day in obedience to him, he would **multiply their effectiveness** on the other 6 days so that they would accomplish more in those 6 days than if they had worked

⁵ I've always loved this phrase by Dallas Willard: "Our mistake is to think that following Jesus consists in loving our enemies, going the second mile, turning the other cheek, suffering

patiently and hopefully—while living the rest of our lives just as everyone else around us does... (it's a strategy bound to end in disaster!)"

all 7—he would make sure all their needs were met and that all the ends would meet.

You see, God has set up the world **so that we provide for ourselves by mostly natural means**. “*6 days you shall labor.*”

- **Most of the provision we experience** comes from the work that we do.
- **Do you get that?** Money typically doesn’t just magically appear—“Oh, look, **another direct deposit** from God!” If that happens it is usually called a **bank error** and you should tell them about it. No, **typically God provides for us through natural means: we work** and are paid.
- But **because of this**, we can very easily begin to assume that we are the ones who bear the **responsibility** of taking care of ourselves (–i.e. we’re the ones who have to make ends meet). But that’s **not true!**
- **God bears that responsibility**—and so we take a day off each week to declare that.
- **On that day we say,** “God, I’m doing less than I’m able to do because you commanded me to, and so I’m depending on you to make up what I’m missing here.”
- **You see, Sabbath was a declaration of trust.**
- You don’t do it because everything is done, but because God has promised that if we do it he’ll make up for the rest.

Now, really quick: **The second place the Sabbath** is discussed is in **Deuteronomy**, where Moses adds one other purpose for the Sabbath: **Deuteronomy 5:12–15**, “*Observe the Sabbath day and keep it holy...*”
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.** Here, the Sabbath was to give them space to reflect on their salvation. This is my favorite one. Write down:

- c. **To remind them that God was the Savior of their lives.** To reflect on the fact that their greatest need—deliverance from sin—God had accomplished all by himself.
 - And **for meeting that need**, we hadn’t contributed one iota.
 - See the phrase, **“The Lord brought you out by a mighty hand”?**
 - **What part had they played** in the Exodus?
 - **Had they helped in pulling off the 10 plagues?** God wasn’t like, “OK, tonight, we’re going to turn the Nile into blood. So, go get a hundred bags of powdered blood... Then go collect all the frogs and release them on Pharaoh’s porch...” And the third plague is the night of cow tipping. No, **he did it all by himself.**
 - **Nor were they helpful in escaping through the Red Sea.** Moses was not like, “You people stand on this side and blow that way, and the rest of you fan this way...” No, **again, God did it all by himself.**
 - So, Moses, said, you are to **stop for a day to reflect on that.** And Moses says, “Listen, if God took care of your greatest need all by himself, don’t you think you can trust him to take care of your day-to-day needs now?”
 - Notice how in **vs. 15** **Moses tells them** that on the Sabbath they were to reflect on their new relationship with God. (**Vs. 15**), **You were a slave; now you are a son.** You were under the cruel reign of Pharaoh; now you are under the **tender care** of your Father... you can trust him.
 - **Stop thinking like slaves and start thinking like sons.**

These were the 3 things they were to reflect on during the Sabbath: God was the point, the provider, and the Savior.

Now, back to Hebrews. According to the writer of Hebrews, all this Sabbath stuff was just a shadow that pointed to Christ. **Let’s go back to Hebrews 4:** [8] For if Joshua (Moses’s successor) had given them rest, God would not have spoken of another day later on. [9] So then, there remains a Sabbath rest for the people of God, 10] for whoever

has entered God's rest has also rested from his works as God did from his. (**Hebrews 4:8–10**)

The **Sabbath that Moses and Joshua instituted** did not provide the ultimate rest—it **pointed forward** to Jesus; who would himself be our **ultimate rest**.

Let me give you 3 ways **Christ became our REST**—3 things that **if you can say them** about Christ, **from your heart**, you have entered into his rest.

1. Christ my righteousness

The ultimate way that **Christ is our Sabbath is he saved us**. And just like with Israel, God accomplished that all by himself.

He took my sin and my sorrow, and he made them his very own; he bore my burden to Calvary; and suffered and died alone!

There are **a lot of things that we cooperate together with God on** but **our salvation is not** one of them. Jesus **didn't give us an instruction manual with explanation on how to save ourselves**, he did the work and told us only to believe and receive it. I often **compare it to** waking up in an ambulance....

At the cross, Jesus said “**it is finished**” not “I got it started you do the rest.”

I love how the song we sing expresses it:

*YOU ARE my author, my maker,
My ransom, my Savior
My refuge, my hiding place*

*You're my helper, my healer
My blessed redeemer
My answer, my saving grace
You're my hope, in the shadows
My strength, in the battle
My anchor, for all my days
And you stand by my side because you stood in my place!
Jesus, no other name!*

YOU ARE all these things for me. You accomplished my salvation in my place and all I do is receive it as a gift.

[10] for whoever has entered God's rest has also rested from his works as God did from his. (**Hebrews 4:10**)

This doesn't mean that we cease to do good works—of course not—we just **cease to do them as a way of obtaining salvation**. And that gives us **a rest in them** because **no longer are they done** with the pressure of thinking we have to do them to save ourselves or obtain favor from God!

This leads to #2...

2. Christ my identity

Through my salvation, **Christ has given me a new identity** in him. I am **no longer a stranger** or an orphan before God; I am a **son or daughter** of God, **brother or sister and best friend** with Christ. And as his child I've been give specific gifts for use in his kingdom. **I, and each of you,** are specially designed servants for use in his kingdom.
EVERYBODY TURN TO THEIR NEIGHBOR...

Isn't that a **better status than any identity** you can get from your job? Again, [10] for whoever has entered God's rest has also rested from his works as God did from his. (**Hebrews 4:10**)

No longer am I laboring to gain an identity. I've been given one through Christ.

- I've explained before that our souls have this ingrained sense of unworthiness. It's called "shame," and it's a result of the fall. It was FIRST EXPERIENCED as a sense of shame over our nakedness. Before the fall, we were naked but not ashamed about it because we felt clothed in the love of God. But afterward we felt naked, and now our souls feel the need to find something to clothe themselves.
- And our work becomes one of the ways we do that. It gives us a sense of significance... "The epic movie *Chariots of Fire* chronicles the rise of Eric Liddell to fame at the 1924 Olympics. A passionate man of God, Liddell uttered the famous line, 'I RUN TO GLORIFY GOD, and when I run, I feel his pleasure.'

For the movie's counter-hero, Harold Abrahams, running wasn't about pleasing God—it was about proving his purpose. Running gave him, he said, '**ten lonely seconds to justify my whole existence.**'

All your work will be done for one of these two ends: to glorify God or to justify yourself. And if your work is really just your ten lonely seconds—or 70 hours a week—to justify your whole existence, 'rest' will be out of the question.⁶ And that's tiring.

The gospel says, "You have a new identity" in Christ. You are a chosen son or daughter. He has a plan for you to use you in his kingdom and that is a better identity than anything else.

I've tried to embrace this through something called "the Gospel prayer." Something I meditate on continually:

- "**In Christ, there is nothing I could do that makes you love me more; nothing I have done that makes you love me less.**" I am chosen, appointed in him.
- "**You are all I need for everlasting joy.**" If I have his approval, I don't need everyone else's.

For a long time, I found my identity in how good my work was...

- How good the sermon was...SPATULA. 45 LONELY MINUTES.
- How big the church was... DIP IN ATTENDANCE, I WAS DEPRESSED. I had these irrational fears...
- And so even when I took a day off, I wasn't really at rest... my soul was still anxious.
- **My identity depended on success, a success I had to create for myself...** so even when I was on vacation I was always wondering, "Have I done enough? I have to get back to it..."

Write this down: **Apart from Christ, you will "work" even when you are resting. With Christ, you can rest even while you are working.⁷**

Which leads to #3...

3. Christ my security

God had said to Israel, "If I rescued you when you were helpless slaves, surely I'll take care of you now that you are beloved sons!" Take a day off to reflect on that.

Now, in the early church, they shifted the Sabbath day to Sunday and called it "the Lord's Day" because **SUNDAY was the day** that Jesus has resurrected, and they felt that day **best commemorated** their salvation.

⁶ Adam Marby, *The Art of Rest*

⁷ Adapted from Tim Keller.

But on that day, **they were to reflect on that exact same thing**: If God did not spare his own son to save me, *now that I'm his beloved child, will he not freely give us all things?*

So, the Sabbath was **fulfilled in Christ: Christ my righteousness; Christ my identity; Christ my security.**

But just because the Sabbath was fulfilled in Christ doesn't mean we stop practicing the principle of the Sabbath.

Into the very fabric of creation God established that life was to be a rhythm of work and rest... and your day of rest is **not because there is nothing else to do**, but because you are trusting God to be your provider and your security.

In fact, if you'll let me, it's **not just with one day a week** that we see the **Sabbath principle play out**—Let me list out a few.

A. One day a week for rest, renewal and relationships

- **Again, one day to be rather than to do.** To focus on God, relationships, and enjoy his creation.
- **It doesn't have to be on a Sunday.** When the early church changed it from Sat to Sunday they were showing that it wasn't a particular day that was essential.
- **For most of you it should be,** but it's at least one day a week where you cease from your labors and enjoy God and the gifts he has given.
- **Public worship should always be a part of it,** because your relationship with God is central in in your life.
- But it's **also a day to be with family**, and be outdoors, and to do things you enjoy.
- **When you do, he multiplies your effort on the other 6 days:**
(OPT: Illustration with me not taking Sunday off until junior year of college, how God "multiplied my study" on the other 6 days:

"The first time I really experienced the power of this was my junior year of college...)

This next one **might surprise** you at first, but hear me out...

B. Tithing

- (You think, "You always know how to tie it back to this... hear me out").
- Tithing is an application of the Sabbath principle (read Deut 7–8)
- Tithing means giving at least the **first 1/10 your income** back to God. You **don't do it because you have 10% extra** in your budget you can't figure out what to do with. You do it, just like they took the Sabbath day off, as a declaration that **God is the provider** and ultimately you trust him to make the ends meet.
- That's why when **people say, "I can't afford to tithe!"** I say, "You can't afford not to!" God said, "Obey me by giving me 10% you think you can't afford, and watch how I multiply the remaining 90%!"
 - I can't explain exactly how he does it... only that he always does!
 - **You can't out-give him. It's only when I've violated this principle** that I've gotten in real trouble.
 - **It's like with 6 days...** do less than you can and he will multiply the rest

Here's another one that may surprise you...

C. Sleep

- Let me **take you to one of my favorite passages** (that I have tattooed on my wrist!)

Psalm 127:1 Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. [2] **It is in vain that you rise up**

early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

- What's the **sign in this verse** that you are beloved by God? **Sleep.**
- *Looking out at you right now, I can see several of you are feeling beloved by God right at this very moment!*
- **But if you are asleep**, whose got the city? Who is building the house? Who is watching the city? The **psalmist smile sweetly** and says, "God is."
- God intended sleep to be a time every day where you remind yourself you're not God.
- **Personal confession:** The **more responsibility I get**, the more trouble I have sleeping. I always **wake up worried**. Don't send me your new miracle pillow or new herbal remedy or essential oil that you want me to rub on my kneecaps that's going to make it all better. **That's not the problem**. I sleep badly sometimes because I am worried about who is watching the city—of my family, the church, the SBC.
 - **But here's what I've learned:** God wants me to lay down each night (it's kind of like a daily Sabbath) just to remind myself that I'm not God. So, when I lie down to sleep I say, "*God, I am turning myself off, even though there is a ton to do... and lots to worry about... but you are staying on and you designed me to turn off, so I can trust you to handle what I can't.*"
 - At 3:30, you've not appointed me to worry about "the city," appointed me to sleep which must mean you have the city
 - **4-hour work-week example:** I was reading an article by a small-business owner who said he had trouble sleeping...
 - It is not my responsibility to guard the city or finish the house or pay the bills—that's God's job. It's my job to be faithful, and after you've been faithful you can lie down to sleep and leave it in his hand.

⁸ <http://lifehacker.com/5978171/why-you-need-more-margin-in-your-life-and-how-to-get-it>

⁹ John Mark Comer, Mathew 11:28–30

So, let me give you **one really practical application point for this sermon** (for many, this might be your favorite sermon point ever!) **Get More Sleep.** (Don't apply that right now!)

- **Those who study these things** say that the vast majority of us need to be getting more sleep, not less. They say, "Only 1–3 % of the population is sleeping too much."⁸
- **Historical context:** Up until 1879, the average American used to sleep 11 hours a night.⁹ **What changed in 1879?** Thomas Edison invented the lightbulb. Which is great, but it was then we started to sleep less. PHONE and LIGHT
- Our lack of sleep contributes to all kinds of health problems—and even makes us less efficient. I was watching this **TED talk** that explained that your brain doesn't have blood vessels in it, which is how most of your cells remove waste. There is an enzyme the brain produces that carries away waste, and that enzyme is only produced in sleep. Which is why when you haven't slept your mind feels cluttered and clunky.

D. Daily Sabbath

Daily times to unplug and refocus yourself

- That means doing a QT: time at the beginning of the day to refocus yourself
- Building time into the day to recenter
 - I know a **pastor who asked his assistant to build a 5-minute space** between each one of his meetings for him to pray. Between each counseling appointment, staff meeting, or visit, he would take five minutes to stop, pray, and rest. He would **literally pause his day**, multiple times per day, simply to rest.¹⁰

¹⁰ Adam Marby, *The Art of Rest*

- And time just to let your mind rest (Churchill) – “The best way to rest is to have your mind totally engrossed in something you don’t typically do.”
- **Or how about this one—NAP.** A recent study found that a **30-minute nap three times a week cuts your heart attack risk by 40%.** Other studies have shown that people who nap are actually more productive.
- (You are like, this is the greatest sermon ever).

E. Yearly Vacations

Throughout the Bible, we see Jesus commanding his people to take time off to remind themselves that they aren’t the ones doing the work:

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’” Mark 6:31

- *Look at the phrasing: So many were coming!*
- *It’s not like there was nothing to do.* There was **still a line!** But Jesus knew there was time to stop and prioritize the Father.
- *And reflect on the fact that it is God who does the work.*

Another one of my favorite examples of this: Acts 1: “Do nothing.”

- They’d just been given the largest assignment ever given—and instead of getting right to work, they were told to do nothing. (**Now, to be clear**, I’m not suggesting they were on vacation—but God was reminding them that ultimately the responsibility to complete)

(BTW, **when I say vacations**, I know I lose some of you... “I can’t afford that...” Or, “If I take a vacation, I don’t get paid.” I get it. Don’t think

¹¹ “But Jesus realizes that the most restful gift he can give the tired is a new way to carry life, a fresh way to bear responsibilities... A realistic look at life recognizes life is a succession

Disneyworld here, necessarily—I mean **time for you just to unplug and focus** on relationships. A staycation. Go to **local parks** and **play games**.)

- **And, also btw, if you’re an employer**, as much as you can, **extend this benefit to your employees**—it’s a way of honoring God’s created order and God will certainly bless you for it. And, your **employees will likely become** much more productive.)

Well, these are all ways you put Sabbath into practice. You stop proclaim Christ as your rest.

This is what Jesus is talking about in **Matthew 11:28–30**, “Come unto me all you who labor and are heavy-laden, and I will give you rest. Look at what he says next: ²⁹Take 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.”

- At first, **when people read this, it sounds confusing.**
 - First, **his burden is light? Wasn’t it the cross?** Isn’t that heavy?
 - Second, he’s **offering the weary a yoke?** A yoke was a saddle the oxen wore to plow, and that sounds like what tired workers need least! They **need a mattress of a vacation**, not a yoke!
- But what Jesus is offering is not an escape from life, but a **new way to go through life**, a new way to bear responsibilities. **Instead of offering you escape from the pressures**, he offers you **new equipment to use to bear the pressures.**¹¹ (**PIC OF DOUBLE YOKE**)
 - **When you are yoked up with someone much stronger**, who bears most of the weight—the STRONGER ONE does!

of burdens; we cannot get away from them. **Thus, instead of offering escape, Jesus offers equipment.** Jesus means that surrender to him—finding our identity in him—will develop us in a balance and a ‘way’ of carrying life that will give rest.” — Frederick Dale Bruner

- (You see, if all he gave you is temporary escape, you'll just go back to being stressed—so instead he gives you new equipment to go through the pressures...)

BTW, the kind of rest Christ offers is only available for the fully committed.

- A yoke tied one ox to the other—which means they couldn't go separately.

The **hardest way to live** is the way most **religious people** do—instead of surrendering fully to Jesus, they adopt a religious checklist of things they need to do to keep God happy. And it just makes them feel more burdened and busier. They are **not getting the benefit of rest** that comes from being fully committed and know that he is pulling most of the weight in the yoke.

It's so restful getting up each day and knowing that I am doing what Jesus has told me to do and he's promised to make it all work!

- **I get up and say,** “This is the day that the Lord has made...” I strap on the yoke, look over at him, he winks, and get after it...
- **(Again, that's one of the reasons to do a QT...** one of the reasons to build time in throughout the day you can unplug for 10–15 min and re-center yourself)

If you want to rest, surrender fully!

One last thought... and this is a big STATEMENT: **Whether you take these Sabbaths** demonstrates whether you actually trust God or if you just talk a big game.

- **I got a letter a few years ago from a girl** who explained that her faith never became real until I pressed her on tithing—“That's real money!” She resented it at first but it became the catalyst for really starting to trust God.

- In the same way, **whether you rest in the various Sabbaths by doing less than you can and trusting God with the outcomes** shows whether or not you actually trust God.

Do you feel the weight of your success as a parent, worker, student—is on him? Do you show that by faithfulness with your time, your budget, etc?

Are you ready to enter in?

[COMMUNION]

There is **no better way to declare our rest in Christ** than by taking communion together – the **very reminder** of what he has done to give us this rest. I'm going to ask our teams at all of our campuses to begin coming forward to distribute the bread and the cup...

[fence table]

Which **statement of rest do you need to EMBRACE today** about Christ?

- Christ my righteousness
- Christ my identity
- Christ my security

You **take a few moments while holding these elements** and ask God to reveal Christ in the exact way you **need to rest in him** today. Then I'll come back in just a moment and **lead all us – as one church, TSC** – in taking communion together.

[lead through communion]

[MISSIONAL BLESSING straight out of communion]

