

Work and Rest
Deuteronomy 5:12-15

- 1) God Gives Us Work**
- 2) God Gives Us Rest**
- 3) God Give Us Himself**

I. God Gives Us Work

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“In the beginning, God created the heavens and the earth.” (Genesis 1:1)

God delights in his work.

God is diligent in his work.

“Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God.”

Deuteronomy 5:13-14

Your work? It is good.

How does my work mirror the
God who created me?

Work is broken.

II. God Gives Us Rest

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“Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you.”

English: Sab·bath | \ 'sa-bəth
Hebrew: שַׁבָּת | Shabbath
“to cease, to end, to rest”

“For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”

Exodus 20:11

“Rest shows us who God is. He has restraint. Restraint is refraining from doing everything that one has the power to do. We must never mistake God's restraint for weakness. The opposite is true.”

– Matthew Sleeth

“Our need for rest is like gravity. It just is. Our feelings and opinions cannot change it. Humans need rest. Animals need rest. Land needs rest. And without rest, things will cease to exist as they should.

Still, we may choose to ignore this need for a while, but gravity always wins. When we look honestly at our workaholic, boundaryless, frantic lives, we hear God say, 'Not good...' God sees our need for rest."

—A.J. Swoboda

**If you got everything that you
desire out of life, but you
never got closeness to God,
would you be satisfied?**

“Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.”

"Why do you take the people away from their work? Get back to your burdens.... Let heavier work be laid on the men that they may labor at it... Your work will not be reduced in the least."

(excerpts from Exodus 5:4-14)

**“Where the LORD governs as
an alternative to Pharaoh,
there the restfulness of the
LORD effectively counters the
restless anxiety of Pharaoh.”**

-Walter Brueggemann

“The Sabbath is an act of both resistance and alternative. It is resistance because it is a visible insistence that our lives are not defined by the production and consumption of commodity goods...

The alternative on offer is the awareness that we are situated on the receiving end of the gifts of God.”

– Walter Brueggemann

III. God Gives Us Himself

**“Come, buy wine and milk
without money and without
cost. Why spend money on
what is not bread, and your
labor on what does not satisfy?
Listen, listen to me, and eat
what is good, and you will
delight in the richest of fare.”**

– Isaiah 55:1-2

**Jesus is the
“Lord of the Sabbath”
(Matthew 12:8)**

**Matthew 12; Mark 3; Luke 6 –
On the Sabbath, Jesus heals
a man's shriveled hand. "Then
he said to the man, 'Stretch
out your hand.' So he
stretched it out and it was
completely restored, just as
sound as the other." (Matthew
12:13)**

**Luke 13 – On the Sabbath,
Jesus heals a woman who
had been crippled for 18
years. “She was bent over
and could not straighten up at
all. When Jesus saw her, he
called her forward and said to
her, ‘Woman, you are set free
from your infirmity.’” (v11-12)**

**Luke 14 – On the Sabbath,
Jesus heals a man of
“abnormal swelling on his
body.” “Taking hold of the
man, he healed him and sent
him on his way.” (v4)**

**John 5 – On the Sabbath,
Jesus healed a man who laid
chronically ill for 38 years**

**John 9 – On the Sabbath,
Jesus gives sight to a man
who was blind from birth.**

Practice Sabbath

**“Come to me, all you who are
weary and burdened, and I
will give you rest.”**

– Matthew 11:28