

WORD #4: Rest Assured (Exod. 20:8-11; Matt. 11:28-12:14)

An exhausting world

Why can't we seem to stop?

- We fear falling behind
- We hope to finally get that rest

The gift of Sabbath

What is the Sabbath?

- A _____ (Exodus 31:12-13; Ezekiel 20:12)

Where does it point to?

1. Made for rest

"Remember"

Exodus 16

Why is Sabbath shaped like this?

Exodus 20:11

Why God rested: Genesis 2:2

The climactic moment....shared with human beings!

How should knowing this *reshape* our idea of rest?

Not emptiness, but fullness

God's weekly reminder we are not God

Does your life contain a *seventh day*?

2. Freed to rest

Life outside the place of rest (Genesis 3:17-19)

Reason 2 for Sabbath – Deuteronomy 5:15

Life in Egypt & Pharaoh's entire system

A sign of redemption – saved from & saved for (Deut. 12:9-11)

How do you rest?

3. Christ our Rest

What Jesus is really offering (Matt. 11:28-12:14)

We've arrived at the destination! Reality, not shadow (cf. Col. 2:16-17)

Ten Words to live by

And yet, Hebrews 4:9-11

The practice of rest