

Rest is a Must

Genesis 2:1-3

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As travellers on a journey, God desires a rest for us that is crucial, non-negotiable and is a must on this journey.

Why is Rest a Must? [3 things]

I. Rest is a Routine

Moses emphasizes God resting on the seventh day (repeats it 3 times). Because God had rested on the seventh day, all His people were required to also rest on the seventh day (Ex. 20:11a). A day of rest each week, is God's design for our journey. The enemy of this truth is our tendency to work even on this day of rest. The routine of rest that God sets is also a routine of not working (Ex. 20:9-10). Despite the risk of starvation and death, God commanded the Israelites to rest – even from their work (their livelihood) – because He is the beginning of the journey, bringing order to chaos, and the assurance for the future. Our reassurance and confidence for the future comes from God and not from our work. The routine of weekly rest is not just a gift to recharge but also the discipline to teach our souls to find its assurance in the God of our journey. It was instituted not to condemn or restrict but for the good and flourishing of Man.

II. Rest is a Ritual

The seventh day was the only non-living thing that God blessed and made holy in the book of Genesis (v3a). This makes the day of rest not just a routine, but also a ritual we need to honour and commemorate. God meant for us to take the day of rest seriously. At the centre of God's character is His holiness. Whatever He makes holy is meant to be set apart for Him, to belong to Him. The Israelites experienced this day of rest as the Sabbath on their journey (Ex. 16:23). The sabbath day of rest is more than just a

helpful routine that will reinvigorate us for the journey of life; it is a holy, sacred and consecrated ritual for the worship of God. A day of worship each week, is God's design for our journey. The very enemy of this truth is idolatry. Worship is the fulfilment of the sabbath (Matt. 12:5). God has designed our journey with a day of not only rest, but also of God-centred worship.

III. Rest is a Rehearsal

God rested not because he was tired or weary (Isa. 40:28) but because He had finished. His work of creation was done (vv. 1-3). What He had purposed had perfectly come to pass. On the seventh day, God rested to enjoy and savour His work. This is a rest that no one has truly experienced. Even though the Israelites could not enjoy the same quality of rest, God commanded them to observe the weekly pattern of rest as a rehearsal for the future rest in the Promised land (Josh. 1:13b). Similarly, we too are awaiting our rest in the Promised land (Heb. 4:9, 11a). A day of anticipation each week, is God's design for our journey. The enemy of this truth is a spirit of unbelief (Heb. 3:19). Believe in the all-surpassing rest that God has promised! Devote a day each week completely unto God to rest in Him, worship Him, and yearn for Him.

The finished work of Christ on the cross completely changes the way we look at the day of rest, worship and anticipation. As we rest, we can renounce our restless desire to work because of Christ's finished work. As we worship, we can denounce our idols because of the victory Christ's finished work on the cross. As we anticipate the promised rest, we can proclaim to the unbelief in our hearts that

He is risen and that we will see Him in the
Promised land!