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Rest from our Work

Exodus 20:8-11; 23:12; Deuteronomy 5:12-15

Introduction

Rest Enters Into the Creation Rhythm (Exodus 20:8-11)

⁸ Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 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 20:8-11, ESV)

(See also Genesis 1-2:3, Mark 2:27, and Hebrews 3:7-4:13)

Rest for Refreshment (Exodus 23:12)

¹² Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed. (Exodus 23:12, ESV)

For some interesting reads about what science has discovered about a lack of rest, consider:

- 1) “New poll finds Americans less likely to keep Sabbath than in 1978, but majority still say it's important to society” by Kelsey Dallas on *Deseret News* at tinyurl.com/statistics-Sabbath-keeping
- 2) “Busy Is A Sickness” by Scott Dannemiller on *the Huffington Post* at tinyurl.com/busy-is-a-sickness
- 3) “The Walking Dead” by Maria Konnikova on *the New Yorker* at tinyurl.com/the-walking-dead-new-yorker

Rest as Declaration of Freedom (Deuteronomy 5:12-15)

¹² Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. 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. (Deuteronomy 5:12-15, ESV)

(Courtesy of Scott Wieking: see also “Bring Back the Sabbath” by Judith Shulevitz on *the New York Times Magazine* at tinyurl.com/bring-back-the-sabbath)

Digging Deeper into Work

This week's passages:

Monday: Genesis 1:1-20

Tuesday: Genesis 1:21-2:3

Wednesday: Mark 2:27

Thursday: Hebrews 3:7-16

Friday: Hebrews 3:17-4:13

Weekend: Review the most meaningful passages of the week.

Each day this week you are invited to read the day's passage and then respond to the following questions. You might find it beneficial to use a journal or notebook to record insights.

1. **Read** the passage prayerfully, listening for the voice of God and asking him to speak to you.
2. **Record** or write down the word, phrase, or verse that God impresses upon you.
3. **Reflect** and write down what it is about this word, phrase or verse that is meaningful to you.
4. **Respond** by writing a prayer or recording what it is that you think the Lord wants you to do in response to his word (“*Be doers of the word and not hearers only*” James 1:22).