

Pastor Calvin D. Williams

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Theme: Discovering the true meaning of rest—physically, emotionally, and spiritually—in the presence and promises of God.

Main Scripture:

(Matthew 11:28–30)

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Introduction:

1. What is Rest?

- Rest is more than sleep, peace, stillness, and renewal.
- God designed rest for His people as a way to trust Him and be refreshed.
- We live in a world that glorifies busyness, but God calls us to rest.

Discussion Question:

What does rest mean to you?

When was the last time you truly felt rested?

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2. God's Design for Rest

God Rested (The Sabbath Principle)

(Genesis 2:2–3) By the seventh day God had finished the work he had been doing; so, on the seventh day he rested from all his work. [3] Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

God rested on the seventh day—not because He was tired, but to model rest for us.

- Rest is part of God's rhythm.
- The Sabbath was set apart as holy for restoration and worship.

(Exodus 20:8–10) – "Remember the Sabbath day by keeping it holy…"

Discussion:

Why do you think God commanded rest?

What happens when we ignore this?

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3. Jesus, Our Rest

Rest for the Soul

(Matthew 11:28–30) – Jesus offers rest to those carrying heavy burdens.

- Spiritual rest comes through surrender.
- Rest doesn't mean life is easy—it means our souls are settled and secure in Christ.

(Hebrews 4:9–11) There remains, then, a Sabbath-rest for the people of God; [10] for anyone who enters God's rest also rests from their works, just as God did from his. [11] Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

- There remains, then, a Sabbath-rest for the people of God.
- Rest is not just a day—it's a lifestyle of faith and trust in God's finished work.

Discussion:

What burdens are you carrying that Jesus wants you to surrender?

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4. Practical Ways to Enter God's Rest

1. **Stop striving and trust God** – **(Psalm 46:10)** "Be still and know that I am God."
2. **Set boundaries and honor the Sabbath.**
3. **Spend time in God's Word and prayer.**
4. **Give yourself permission to slow down.**
5. **Worship—because worship leads to rest in the soul.**

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5. Examples of Rest in Scripture

- **David** – **(Psalm 23:1–3)** "He makes me lie down in green pastures…"
- **Elijah** – **(1 Kings 19:1–9)** – God provided food, water, and sleep before speaking to him.
- **Jesus** – **(Mark 6:31)** – "Come with me by yourselves to a quiet place and get some rest."

Questions for Reflection:

- Am I making time for rest in my life?
- What areas of my life need to slow down so I can hear God more clearly?
- How can I help others around me find rest in God?

Prayer:

Lord, help me to rest in You. Teach me to slow down and to trust You with all my burdens. Thank You for being the source of peace and renewal. I surrender the weight I carry today. In Jesus' name, Amen.