

5/2/21

att 39  
FB 12

**Sermon – The Art of Rest**  
**Scripture – Isaiah 58:13-14**

**Main Message – Don't squander the gift of rest from God – be self-aware of the need.**

Balance is so important in life. Some people appear that they are always on the GO, GO, GO never pausing for a breath. Others appear that they have hit the eternal pause switch and are more comfortable saying NO, NO, NO. Some vacillate between both extremes. In both cases, believe it or not is the issue of proper REST.

The world in which we live is seductive. It's a rare person who can actually find balance between worthwhile activity and rest. Even those who don't seem to be doing anything may be consumed with inner turmoil which is never shown to the outside world. They keep it hidden deep but are totally filled with anxious thoughts and desires that only in extreme circumstances bubble out. They are truly as unable to rest as those who are outwardly busy. Those outwardly active folks probably have a mind filled with that same potential of inward nervous energy and spend it by being busy. Often others admire their outward accomplishments, not even realizing they are burning out.

Here comes God's appointed way to deal with this properly and it is not Xanax, Prozac, or Marijuana or the unwholesome use of Alcohol. It's called Rest. A Godly rest.

**Read Isaiah 58**

Let's not make this some legal issue, but a benefit to us. Resting in this case isn't sitting in a chair watching football or some other pass time. We are not going to emphasize physical rest over mental/emotional stress. The Sabbath rest is a time for disengaging and emptying out the thoughts in you're mind and meditating upon God's glory and holiness *without distraction*. You will gain a great benefit, whether you think you need it or not. This takes a bit of self-awareness. Are you anxious? Are you antsy? Are you filled with Angst, anger, or some other words that starts with A. You may need this rejuvenating rest. The more you have burned your candle at both ends, the more often and longer you need to rest. If you're good at doing it each week, you will outperform your own mental and physical limitations. If you do it hit or miss, you may need an extra day occasionally. If you haven't done it in some time, you may need even longer. If you haven't done it ever, this is where illness of every imaginable sort worms it's way into you're very soul. In fact, Jesus told us in **Mark 2:27** – sabbath made for man, and not man for sabbath.

Hear Jesus in **Mathew 11:28-30**.

A person's activity level is no indicator of whether they are past due for some rest. Self-Awareness, or perhaps between spouses might bring out the need for rest if you are honest with yourself. One of the worst types of deception are the ones where we deceive ourselves of our need. Sit at Jesus feet for day and see how it feels. Put on, don't try on, that yoke that is light instead of the one you hang on your shoulders every day. Try implies you also might fail. It takes discipline to rest. I also must learn this and do better. This means continuing in the practice until I get good at it. You won't likely be perfect at the beginning, but you should work to perfect the **art of rest**.

It's a challenge for us all.