

LESSONS
FROM PSALMS

A RHYTHM OF REST

TODAY'S WORLD:

- Being busy is compulsory
- Being busy makes you look and feel important

BUT YET, OUR SOUL IS CONSTANTLY RESTLESS:

- Being busy is compulsory
- Being busy makes you look and feel important

WHAT BIBLICAL REST IS **NOT**:

- Rest is not the absence of work

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MOSES

Lord, you have been our **dwelling place** in all generations.
Before the mountains were brought forth, or ever you had formed the earth
and the world, from everlasting to everlasting you are God.

PSALM 90:1-2

¹ Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ **So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.**

GENESIS 2:1-3

#1

**REST IS A GOD-GIVEN
RYTHYM**

**REST/SABBATH IS A TIME
SET APART (HOLY)
TO THE LORD**

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. ...
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

#2

REST IS TRUSTING GOD,
WHO IS IN CONTROL

12 So teach us to number our days that we may get a heart of wisdom.

13 Return, O Lord! How long? Have pity on your servants!

14 Satisfy us in the morning with your steadfast love, that we may rejoice
and be glad all our days.

17 Let the favor of the Lord our God be upon us, and establish the work of
our hands upon us; yes, establish the work of our hands!

PSALM 90:12-14; 17

28 **Come to me**, all who labor and are heavy laden, and I will give you rest.
29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you **will find rest for your souls**. 30 For my yoke is easy, and my burden is light.”

MATTHEW 11:28-30

#3

REST IS FINDING REFRESHMENT
AND RENEWAL IN JESUS

“You have made us for yourself, O Lord, and our heart is restless
until it rests in you.”

- ST. AUGUSTINE OF HIPPO (354-430 AD)

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