

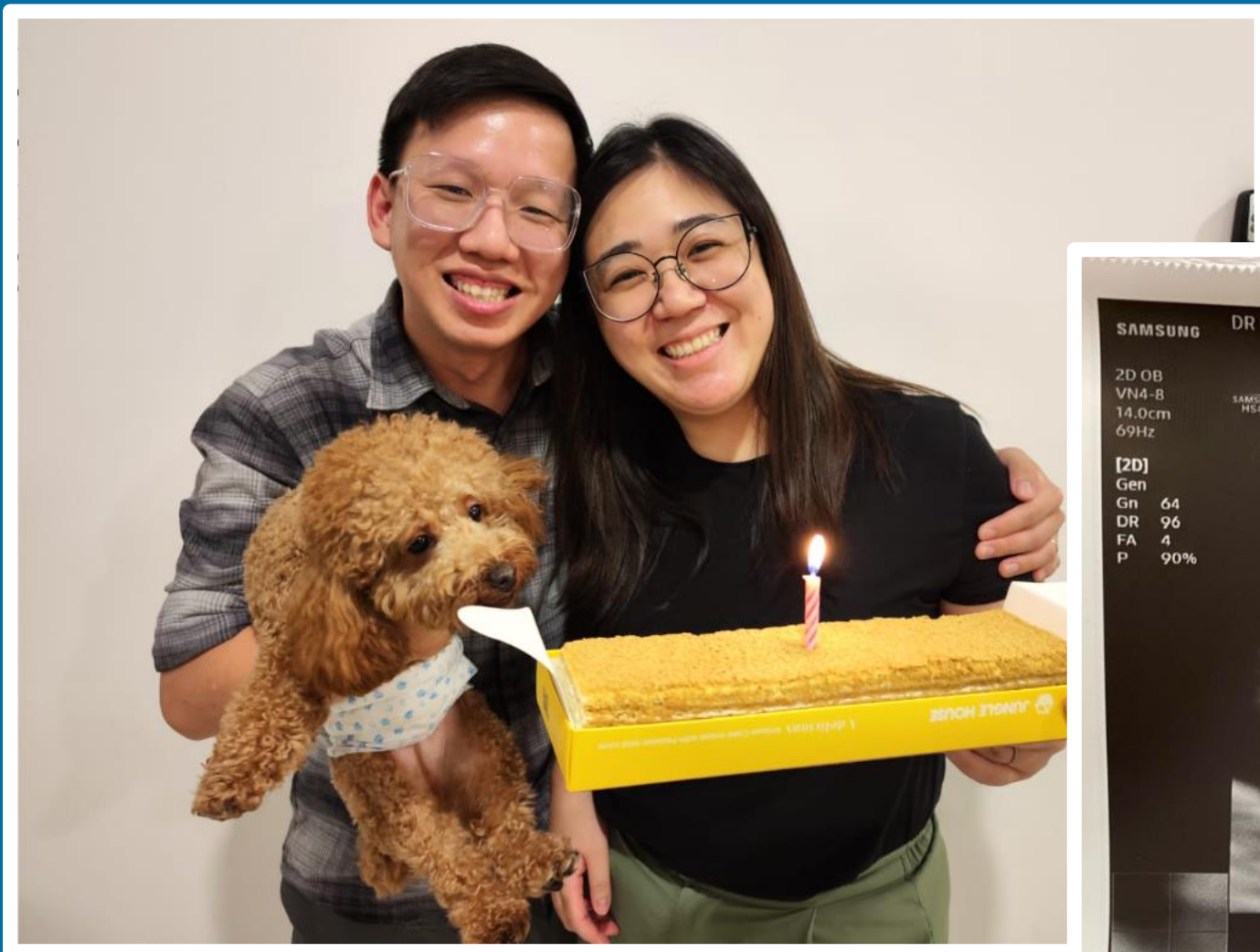
LESSONS FROM PSALMS

FINDING REST



EVERY NATION
CHURCH · MALAYSIA









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OBJECTIVE:

To establish a Biblical idea of rest as a spiritual discipline, essential to the flourishing of a Christian's relationship with God and His call upon their lives.

OUR HOPE:

We become a congregation that embodies a God-breathed vitality – not easily burnt out, disconnected from God, or discouraged in their purpose – which then empowers us to be effective workers for God.

5 WEEKS SERIES:

Week 1: Rest as a Rhythm

Week 2: Rest as a Refuge

Week 3: Rest to Rejoice

Week 4: Rest for Revelation

Week 5: Rest as Resistance

HEBREWS 4:11

¹¹ “Let us, therefore, make every effort to enter the rest.”

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WHAT DOES THIS REVEAL ABOUT US?

TODAY'S WORLD:

- Being busy is compulsory.
- Being busy makes you look and feel important.
- Being busy now becomes natural—like muscle memory.

TODAY'S WORLD:

- Day offs & holidays
- Massage, relaxation, yoga
- Breathing techniques, pacing techniques

YET, OUR SOULS ARE CONSTANTLY RESTLESS:

- Physically exhausted
- Spiritually dry
- Emotionally anxious

WHAT BIBLICAL REST IS

NOT:

- Rest is not the absence of work
- Rest is not merely a day off or taking a vacation
- Rest is not about avoiding stress

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

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.

GENESIS 2:3

REST AS A RHYTHM: BUILT INTO CREATION

- **A Daily Rhythm:** Wake up, work, sleep (Psalm 104:22–23, Proverbs 3:24)
- **A Weekly Rhythm:** (Exodus 20:9–11)
- **A Yearly Rhythm:**
 - 1st day of the 7th month (Festival of Trumpets)
 - 10th day of the 7th month (Day of Atonement)
 - 1st, 15th, and 22nd day of the 7th month (Festival of Atonement)
- **Every 7 Years:** Sabbatical rest for the land
- **Every 49 Years:** 10th day of the 7th month (Year of Jubilee)
- **A Rhythm of Life and Death**

TWO KINDS OF RHYTHM

YOUR LIFE IN RHYTHM

- **Chronos Cycles:** Structured by 5 fundamentals—solar, seasonal, lunar, sabbatical, and rotational; in other words, Year, Quarter, Month, Week, and Day.
- **Kairos Seasons:** Not tied to clock time; unique times such as the birth of a child, the college years, rehabilitation after an injury, retirement, or moving to a new city.

REST AS A RHYTHM: WE RESPOND TO A HIGHER AUTHORITY.

1 Corinthians 3:16-17 (NIV):

"Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple."

Psalm 90:12:

"Teach us to number our days, that we may gain a heart of wisdom."

Psalm 127:1-2:

"Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep."

REST AS A RHYTHM: FINDING REFRESHMENT, RENEWAL & REVELATION IN JESUS.

Matthew 11:28-30:

"Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light."

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THE FOLLOWING WEEKS:

Week 2: Rest as a Refuge – v1 “our dwelling place”

Week 3: Rest to Rejoice – v14 “His steadfast love satisfies us, we may rejoice & be glad

Week 4: Rest for Revelation – v16 “Let your work & glorious power be shown

Week 5: Rest as Resistance – v17 “The Lord establishes the work of our hands”

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