

# From the Family Room

**Creekwood Church of Christ  
Mobile, AL**

24 March, 2019

## REST FOR YOUR SOUL



***By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.***

Genesis 2:2-3

***"Come to Me, all you 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."***

Matthew 11:28-30

***"Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."***

Matthew 5:16

**For this is the love of God, that we keep His commandments; and His commandments are not burdensome.**

I John 5:3

Throughout the Bible we read of the value of work. A great work ethic is a critical element in a life that results in personal satisfaction and in service to others. Christ is a great example of this truth. Christ also taught the value of rest in His work. Many in our culture today do not understand the value of rest. It seems that our western society gets busier each year. We wear our work as a badge of our personal value. It seems that many are perpetual motion machines. Martha seems to be the symbol of our philosophy of life.

Rest is critical to our well being. God set that example on the seventh day of creation. He rested. This omnipotent God did not need to rest. However, this omniscient God knew that we would so He made resting a law for His people.

God's people through the years turned their religion into a performance based religion. The Pharisees imposed many burdens on the Jews under the Law of Moses. Basically they never were good enough and there was always more work to do to earn God's favor. They were carrying a yoke of legal responsibilities regarding their religion. Christ told these people to come to Him and He would give them rest. Many today misunderstand this and teach that Christians do not have to work at all. The Greek word used here that is translated as "rest" does not mean inactivity. It carries the meaning that in God and Christ we have found satisfaction and development. In God and Christ, we find rest when all of our abilities, affections, desires, heart, purpose, and imagination harmoniously come together. We work out of a sense of love rather than obligation. We no longer "have to" – we "want to." Our work is not a burden but a means to glorify God.

We need rest for our soul. We find healing and recovery in rest. We find clarity in rest. We find efficiency in rest. We find reconnection to God in rest. We are revived when we rest.

As we go about our busy lives this week, I pray that we will come to Christ in prayer and recognize the rest He offers us as Christians. I pray that we will not view the privilege we have as Christians to teach and serve the world to the glory of God as a weighty obligations but as glorious opportunities.

**RICKY**