

The Power of Rest

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The Power of Rest

Exodus 31:12–17 (NLT)

The Lord then gave these instructions to Moses: “Tell the people of Israel: ‘Be careful to keep my Sabbath day, for the Sabbath is a sign of the covenant between me and you from generation to generation. It is given so you may know that I am the Lord, who makes you holy. You must keep the Sabbath day, for it is a holy day for you. Anyone who desecrates it must be put to death; anyone who works on that day will be cut off from the community. You have six days each week for your ordinary work, but the seventh day must be a Sabbath day of complete rest, a holy day dedicated to the Lord. Anyone who works on the Sabbath must be put to death. The people of Israel must keep the Sabbath day by observing it from generation to generation. This is a covenant obligation for all time. It is a permanent sign of my covenant with the people of Israel. For in six days the Lord made heaven and earth, but on the seventh day he stopped working and was refreshed.’ ”

Embracing the Power of Rest is embracing the trust we have in God to be our provider, protector, and guide.

- **Daily Rest**

Lamentations 3:22–24 (NLT)

The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, “The Lord is my inheritance; therefore, I will hope in him!”

Exodus 16:4–5 (NLT)

Then the Lord said to Moses, “Look, I’m going to rain down food from heaven for you. Each day, the people can go out and pick up as much food as they need for that day. I will test them in this to see whether or not they will follow my instructions. On the sixth day, they will gather food, and when they prepare it, there will be twice as much as usual.”

- **Weekly Sabbath**

Mark 2:27–28 (NLT)

Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!”

Exodus 31:15 (NLT)

You have six days each week for your ordinary work, but the seventh day must be a Sabbath day of complete rest, a holy day dedicated to the Lord.

Luke 14:5 (NLT)

Then he turned to them and said, “Which of you doesn’t work on the Sabbath? If your son or your cow falls into a pit, don’t you rush to get him out?”

- **Seasonal Breaks**

Ecclesiastes 3:1 (NLT)

For everything there is a season, a time for every activity under heaven.

Matthew 11:28–30 (NLT)

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”