



CELL GUIDE

TOPIC	Finding Rest	SPEAKER	Ps Benny Ho
THEME	Righteous Living	DATE	19 & 20 Sep 2026

MESSAGE SUMMARY

INTRODUCTION

In a world marked by constant activity, pressure and distraction, many people are physically and emotionally exhausted, and spiritually restless. Although we may engage in leisure activities, true biblical rest involves much more than simply taking a physical break from our work. Instead, it reflects the inner condition of the heart and is rooted in the character and promises of God. It is an invitation to cease striving, trust His provision, surrender our will, and remain in fellowship with Him.

THREE ASPECTS OF GOD'S REST

In Luke 10:38-42, we see this contrast in Martha, who was busy working, and Mary, who chose to sit at Jesus' feet and listen to His teaching. There is a time for both working and waiting, but waiting should come before working. We need to learn to distinguish between the 'many things' (distractions and demands that compete for our attention); the 'few things' (the purposes and priorities God has given us); and the 'one thing' (spending time in God's presence and listening to Him). Our work should flow from a place of first waiting, listening and resting in the Lord.

1) God's Salvation Rest – Rest for Our Spirit

Hebrews 4:1-3 emphasizes entering God's rest through faith. We experience salvation when we, by faith, believe in the good news of the Gospel. We do not work for our salvation; it is a gift of God. Theologically known as 'justification', this is rest for our spirit.

2) God's Sabbath Rest – Rest for Our Body

Hebrews 4:4 points back to God resting on the seventh day, after working for six days in creating the world. This Sabbath rest, which is a command from God, reminds us that we are not created to work endlessly, as our bodies need rest. However, the ultimate Sabbath rest will be at time when God returns again and we receive an imperishable new body. This is theologically referred to as 'glorification'.

3) God's Surrender Rest – Rest for Our Souls

Perhaps the greatest challenge is learning to rest in our souls. We can experience this rest, only when we learn to surrender our will to God. This rest is founded on a heart that is tutored to hear and obey God. It is learnt when we embrace times spent in silence and solitude, and rediscover Him as the anchor for our souls. Exodus 16:16, where God provided manna for the Israelites in the

wilderness, reminds us that God knows what we need and is faithful to provide. We will struggle to experience true rest if we do not believe that God is sovereign, loves us and will always provide for us. Until we learn this rest, our heart will remain restless. This is part of the process of 'sanctification' – the lifelong work of God transforming us, teaching us to trust Him more deeply and becoming increasingly like Christ.

SEVEN TYPES OF REST

Rest is not simply absence of work. God has created us with different dimensions of needs and each requires intentional rest.

- 1) **Physical Rest** - We need to have regular periods where we cease from work and allow our bodies to repair and rejuvenate.
- 2) **Social Rest** - We need intentional periods of solitude to replenish our energy and prevent burnout.
- 3) **Emotional Rest** - Emotional rest is having the freedom to be our authentic self. We can become easily irritated or frustrated if we do not have time to rest, process our feelings and bring them honestly before God.
- 4) **Creative Rest** - Creative rest involves re-awakening our sense of wonder and awe. We can become so focused on productivity that we lose our capacity to appreciate beauty. Spending time in nature, or enjoying music or art can refresh our imagination and enlarge our perspective.
- 5) **Sensory Rest** - Constant exposure to social media can leave us in a state of sensory overload. We need to intentionally disconnect from our devices, and reconnect with God.
- 6) **Mental Rest** - To have mental health, we need to have mental rest. We need time to disengage from the constant churning of thoughts, worries and to-do lists, to allow ourselves time to slow down and reflect.
- 7) **Spiritual rest** - Spiritual rest is having a deep sense of connection to God and His divine purpose for our lives. Maintaining a meaningful, consistent quiet time is key to help us remain connected to Him.

CONCLUSION

Jesus understands that life can wear us down. He invites us to come to Him so that He can give us rest for our souls (Matt 11:28-30). We can become so busy with work or even ministry, that we leave ourselves no time to simply be with God. We do more, but we are becoming less. Let us remember that God is more interested in who we are becoming than in what we are achieving.

QUESTIONS

1. Consider Luke 10:38-42. Like Martha, we can be distracted by 'many things'. In what ways do you identify or relate with Martha?

2. Ps Benny Ho shared three dimensions of rest – salvation rest, Sabbath rest, and surrender rest. What might God be inviting you to surrender and trust Him with? How has God provided for you over the years?

3. Consider the seven types of rest. Which area of your life may be lacking rest? What is one practical step you can take to enter into the rest that you may be lacking?