



FINDING REST

LUKE 10: 38 - 42

By Pastor Benny Ho

Luke 10: 38 – 42 – “As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

Luke 10: 38 – 42 – “As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” “Martha, Martha,” the Lord answered, “you are worried and upset about **many** things, but **few** things are needed—or indeed only **one**. Mary has chosen what is better, and it will not be taken away from her.”

Waiting is not superior to working. But waiting must come before working.

Ephesians 2: 10 – “For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

True rest is not the physical posture of the body but the inner posture of our heart.

Psalm 91: 1, 2 – “He who dwells in the shelter of the Most-High will rest in the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.”

“Sabbath” – “sabbaton” – “to
cease” “to interrupt”

WHAT IS SABBATH?

1. Sabbath is creating unhurried time and space to distance us from the frenzy of our own activities so we can see what God has been doing and is doing.
2. Sabbath- keeping is quieting our noisy hearts so that we can hear the still small voice of our Lord. It is uprooting the distractions of pride, so we discern the presence of Christ.
3. Sabbath- keeping is separating ourselves from the people who are clinging to us, from the routines to which we cling to for our identity and surrendering them all up to God afresh.

Hebrews 4: 1 – 11 – “Therefore, since the promise of entering his **rest** still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. Now we who have **believed** enter that **rest**, just as God has said, “So I declared on oath in my anger, ‘They shall never enter my rest.’” And yet his **works** have been finished since the **creation** of the world. For somewhere he has spoken about the seventh day in these words: “On the seventh day God **rested** from all his **works**.” And again, in the passage above he says, “They shall never enter my rest.”

Therefore, since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their **disobedience**, God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted: "Today, if you hear his voice, do not harden your hearts." For if Joshua had given them rest, God would not have spoken later about another day. There remains, then, a **Sabbath-rest** for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every **effort** to enter that **rest**, so that no one will perish by following their example of **disobedience**."

3 ASPECTS OF GOD'S REST

1.GOD'S SALVATION REST – SPIRIT

Hebrews 4: 1 – 3 – “Therefore, since the promise of entering his **rest** still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the **gospel** preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with **faith**. Now we who have **believed** enter that **rest**...”

3 ASPECTS OF GOD'S REST

1.GOD'S SALVATION REST – SPIRIT

2.GOD'S SABBATH REST

Hebrews 4: 4 – “And yet his work has been finished since the creation of the world. For somewhere he has spoken about the seventh day in these words: "And on the seventh day God **rested** from all his **work**."

3 ASPECTS OF GOD'S REST

- 1.GOD'S SALVATION REST – SPIRIT
- 2.GOD'S SABBATH REST
- 3.GOD'S SURRENDER REST

Hebrews 4: 11 – “Let us, therefore, make every **effort** to enter that rest, so that no one will fall by following their example of **disobedience.**”

GOD WILL PROVIDE!

SALVATION REST	SABBATH REST	SURRENDER REST
Rest in the Spirit	Rest in the Body	Rest in the Soul
Justification	Glorification	Sanctification

7 TYPES OF REST

1. Physical
2. Social
3. Emotional
4. Creative
5. Sensory
6. Mental
7. Spiritual

Matthew 11: 28 - 30 – “Come to me, all you who are **weary** and **burdened**, and I will give you **rest**. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest** for your **souls**. For my yoke is easy and my burden is light.”

Matthew 11: 28 - 30 (Msg) – “Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you’ll recover your life. I’ll show you how to take a **real rest**. Walk with Me and work with Me – watch how I do it. Learn the **unforced rhythms of grace**. I won’t lay anything heavy or ill-fitting on you. Keep company with Me and you’ll learn to live freely and lightly.”

“We mutter, we sputter
We fume and we spurt
We mumble, we grumble
Our feelings get hurt
We can't understand things
Our vision grows dim
When all we need
Is a moment with Him.”

God is more interested in **who**
we are **becoming** then **what**
we are **achieving**.

Oswald Chambers:

“The greatest competitor of devotion to Jesus is service for Him.”

We can become so busy **for** God that we have no time to be **with** God. We **do more** but we are **becoming less**.