



Be Still
and know that I am God



Spiritual Disciplines of Stillness

Solitude

Rest



Rest

- 1. Cease work or movement in order to relax, refresh oneself, or recover strength.**
- 2. An instance or period of relaxing or ceasing to engage in strenuous or stressful activity.**
- 3. Music: An interval of silence of a specified duration.**



Benefits of Rest

1. Reduces stress
2. Reduces inflammation and the risk of heart disease.
3. Boosts your immune system.
4. Taking regular time away from work restores mental energy.
5. Improves short-term memory.
6. Makes you more creative
7. Lower weight gain risk



Psalm 127:2

In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves.



God Set the Example

Thus, the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so, on the seventh day he rested from all his work. 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 2:1-3

God Set the Example

Did God "need" to rest?



God Set the Example

Did God "need" to rest?

Yes absolutely



God Set the Example

Did God "need" to rest?

Yes absolutely

**Resting is not about getting over
being tired it's about being reflective**



God Commanded Rest

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.



Exodus 20:8-11



Who is God talking to in the moment?

A bunch of former slaves



Who is God talking to in the moment?

A bunch of former slaves

**They had been serving in a very pagan
society that considered them
expendable property**



Who is God talking to in the moment?

A bunch of former slaves

**They had been serving in a very pagan
society that considered them
expendable property**

**They probably had not had a
“day off” in 400 years**



**Who is God talking to
across the generations?**



Who is God talking to across the generations?

We are driven mortal people



Who is God talking to across the generations?

We are driven mortal people

**We know our days are numbered thus
we desire to make the most of them**



Who is God talking to across the generations?

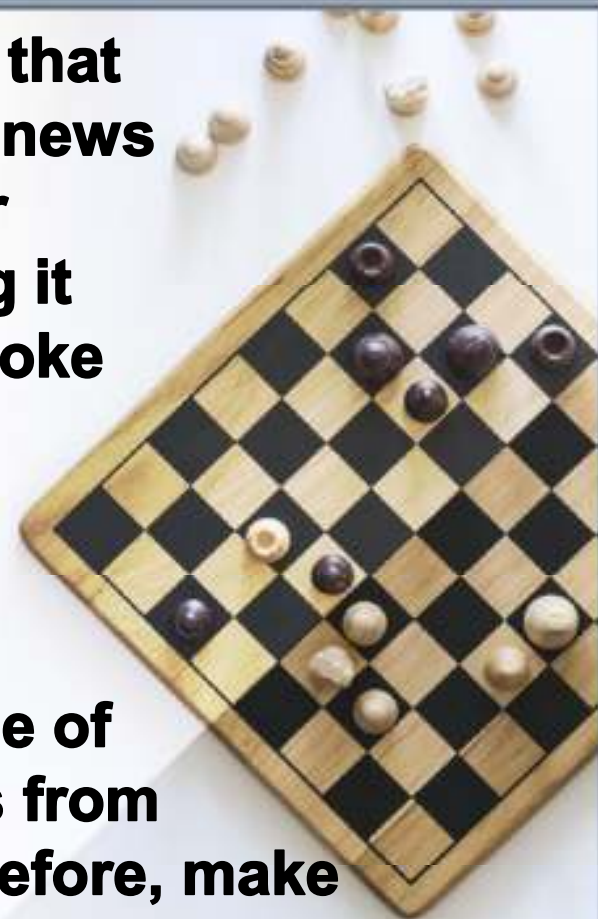
We are driven mortal people

**We know our days are numbered thus
we desire to make the most of them**

**We live for the experience of life and
that forces us to set aside this very
valuable discipline**



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.



Hebrews 4:6-11

It's not about a day it's about a mentality

**Love the fact the author here brought
up David and Joshua**



It's not about a day it's about a mentality

**Love the fact the author here brought
up David and Joshua**

Both men of worship



It's not about a day it's about a mentality

**Love the fact the author here brought
up David and Joshua**

Both men of worship

Both men of war



It's not about a day it's about a mentality

**Love the fact the author here brought
up David and Joshua**

Both men of worship

Both men of war

War does not have a schedule



It's not about a day it's about a mentality

**Love the fact the author here brought
up David and Joshua**

Both men of worship

Both men of war

War does not have a schedule

Pick a moment



I Don't Have Time!

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.

Hebrews 4:1




Disobedience



Consequences perish by following their example of disobedience





**Be Still
and know
that I am God**

Rest