

# REST & WORK



*THE REST THAT SETS YOU FREE*



# **The Rest That Sets You Free**

---

*Rediscovering the Sabbath and the Heart of God*

## **Introduction: A Tired World in Need of True Rest**

We live in a culture that glorifies hustle, applauds busyness, and measures worth by productivity. We wear our exhaustion like a badge of honor. But underneath the constant striving, many of us are tired — not just physically, but deep down in our souls.

God knew this about us. That's why, from the very beginning, He designed a rhythm for our lives: **six days of work, one day of rest**. It's not a suggestion. It's a gift.

This book is a gentle but firm invitation to return to that rhythm. Not with guilt or legalism, but with the grace and rest found in Jesus. He doesn't demand performance. He offers peace. He doesn't burden us — He lifts our burdens.

This is the kind of rest you were created for.

---

## **Chapter 1: Rediscovering the Sabbath**

“But the seventh day is a Sabbath to the Lord your God. On it you shall not do any work...”

*(Exodus 20:10)*

God rested on the seventh day, not because He was tired, but to model something for us — a **pattern** of wholeness. Rest isn't laziness. It's obedience. It's trust. It's worship.

The word *Sabbath* literally means "to cease." To stop. To pause. To exhale.

So how do we make the Sabbath holy? By giving our attention to God. By refreshing our souls. By being still.

Here are four powerful ways to do that:

### **1. Refresh**

Give your body, mind, and spirit the gift of rest. Let Sunday naps be sacred. Let silence minister to your heart. Let laughter and stillness return to your home.

## **2. Recharge**

Fill up what's been poured out all week. If you work with your hands, recharge your mind. If you work with your mind, do something life-giving for your body.

## **3. Refocus**

Ask the hard questions: How am I doing spiritually? Is there anything I need to confess? Am I drifting or anchored?

## **4. Recommit**

Start fresh. Realign your goals. Reignite your walk with God. Let Sabbath be a holy reset.

---

## **Chapter 2: Jesus' Invitation to the Weary**

“Come to me, all you who are weary and burdened, and I will give you rest.”

*(Matthew 11:28)*

Jesus doesn't say, “Clean yourself up and then come.” He says, “If you're tired, come. If you're burdened, come. If you're broken, come.”

This is not rest as the world defines it — a day off, a Netflix binge, or a beach trip. This is **rest for your soul**. It's what your heart has been craving.

Jesus offers:

- Relief from guilt
- Freedom from shame
- Peace instead of pressure
- Grace over perfection
- Purpose beyond performance

## *The Rest That Sets You Free*

He says, “*Take my yoke upon you and learn from me... for my yoke is easy and my burden is light.*”

In Jesus’ time, a *yoke* was a wooden beam that connected two animals to plow a field together. When you take on the yoke of Christ, you’re not carrying life alone. He walks with you. He matches your pace. He carries the heavier load.

---

### **Chapter 3: Letting God Set the Pace**

Many of us are exhausted because we’re trying to do life at a pace God never designed for us. We’re yoked to expectations, comparisons, deadlines, and internal pressure.

Jesus says, “*Take my yoke. Learn from me.*”

That’s a daily decision — to walk beside Him, to listen, to slow down, to trust.

Here’s the truth:

#### **God wired you with a unique pace.**

For some, rest looks like quiet. For others, it might be nature, creativity, solitude, or worship. It’s not one-size-fits-all.

When you follow Jesus’ pace:

- You don’t burn out.
- You don’t run ahead of grace.
- You don’t miss the joy of the moment.

Let Him set the rhythm. He knows what your soul needs.

---

### **Chapter 4: You Are Chosen – No Qualifications Required**

In ancient Jewish culture, only the smartest, most promising boys were chosen by rabbis to follow them. To be accepted, you had to prove yourself.

## *The Rest That Sets You Free*

But Jesus?

He flips the system on its head.

He doesn't call the qualified.

He qualifies the called.

He says to the weary, the messy, the imperfect:

*“Take my yoke and learn from me...”*

He chooses you — not because you earned it, but because He loves you. His invitation isn't based on your resume. It's based on His grace.

You don't have to be enough. He is.

So stop striving. Stop pretending. Just come.

---

### **Conclusion: Live a Sabbath Life**

Work hard. Six days. With excellence, integrity, and purpose.

But on the seventh — **rest**.

Let Sunday change your Monday.

Let worship reset your week.

Let rest become a rhythm, not a reward.

Let God be God — and you be His child.

And daily, as you take on His yoke, may you discover the joy of walking **with Him**, not just **for Him**.

“Are you weary?

Take His yoke.

Are you overwhelmed?

Take His yoke.

Are you unsure of your next step?

Take His yoke.

And you will find rest for your soul.”

---

## **Reflection Questions**

1. What does rest currently look like in your life? Is it life-giving or just escape?
  2. How can you begin to set apart one day a week as a Sabbath?
  3. What burdens are you carrying alone that Jesus wants to help you carry?
  4. Are there any areas where you need to slow down and trust His timing?
  5. What would change if you truly believed you were chosen and loved — without earning it?
- 

## **Prayer to Close**

*Father, I am weary.*

*I confess that I've been trying to carry more than I was made to.*

*Teach me to rest in You.*

*To take Your yoke.*

*To walk at Your pace.*

*To remember that I am loved, chosen, and never alone.*

*Help me honor the Sabbath — not as a duty, but as a delight.*

*Restore my soul, Lord.*

*In Jesus' name,*

*Amen.*

