

Vacation  
**Rest**  
N. Keith Shepherd

**John 4:10 (NLT)**

*Jesus replied, "If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water."*

**Genesis 2:1-3 (NLT)**

*<sup>1</sup>So the creation of the heavens and the earth and everything in them was completed. <sup>2</sup>On the seventh day God had finished his work of creation, so he rested from all his work. <sup>3</sup>And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.*

**Isaiah 40:28 (NLT)**

*Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding.*

**Mark 2:27 (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."*

1. I should rest because God rests.
2. I should rest because God tells me to.

**Exodus 20:8-11 (NLT)**

*<sup>8</sup>"Remember to observe the Sabbath day by keeping it holy. <sup>9</sup>You have six days each week for your ordinary work, <sup>10</sup>but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. <sup>11</sup>For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.*

**Exodus 20:11 (NLT)**

*For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.*

3. I should rest because Jesus invites me to.

**Matthew 11:28-30 (NLT)**

*<sup>28</sup>Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup>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. <sup>30</sup>For my yoke is easy to bear, and the burden I give you is light."*

**Matthew 11:28-30 (MSG)**

*<sup>28</sup>"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. <sup>29</sup>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. <sup>30</sup>Keep company with me and you'll learn to live freely and lightly."*

**What keeps me from experiencing rest?**

**Fear.**

**1 Corinthians 6:12 (NLT)**

*You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything.*

**Psalms 46:10a (NLT)**

*Be still, and know that I am God!*