

LIVING IN A 24-7 SOCIETY

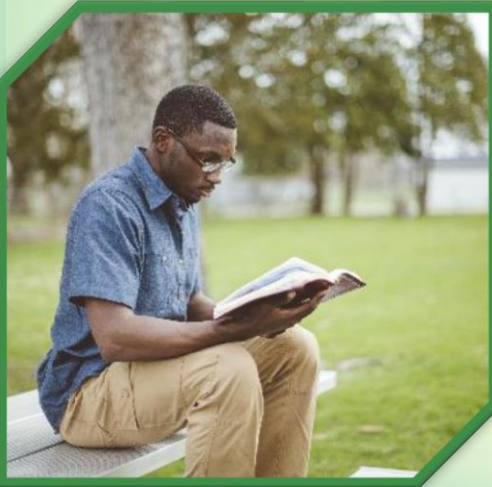
Lesson 1 for July 3, 2021



It is a challenge to live in a society that works 24 hours a day, 7 days a week.

How can we find rest surrounded by a lot of hustle and bustle?

This quarter we will study God's guide to physical, mental, and—the most important one—spiritual rest in the Bible.



- 🟣 **We all need rest**
- 🟡 **God is concerned about our rest**
- 🟢 **Biblical rest:**
 - ➡ **Rest in the Old Testament**
 - ➡ **Rest in the New Testament**
- 🔴 **Rest without God**

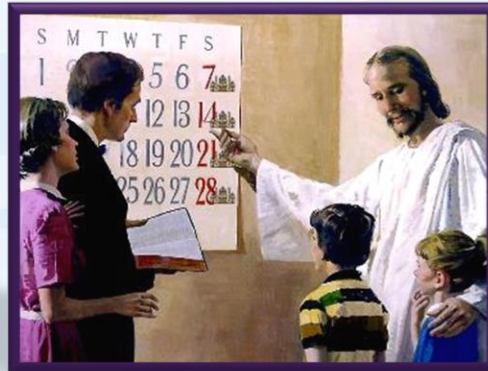
WE ALL NEED REST

"but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who is within your gates, that your male servant and your female servant may rest as well as you." (Deuteronomy 5:14)



We all need rest, there is no exception. Even animals need it! Even Adam and Eve needed it in a perfect world without sin or stress. God Himself rested after 6 days of work! (Gn. 2:1-3). God created a palace in time where we could rest. This type of rest goes beyond just physical and mental restoration.

God commanded us to rest during 24 hours after six days of work as He did, and to enjoy His company during that period (Exodus 20:8-11).



GOD IS CONCERNED ABOUT OUR REST

"You said, 'Woe is me now! For the Lord has added grief to my sorrow. I fainted in my sighing, and I find no rest.'" (Jeremiah 45:3)

Why couldn't Baruch—Jeremiah's secretary—find rest (Jeremiah 45:1-5)?

Jerusalem was going through tough times. Nebuchadnezzar had attacked the city and had taken some of the princes and the tools of the Temple one year before (Dn. 1:1).

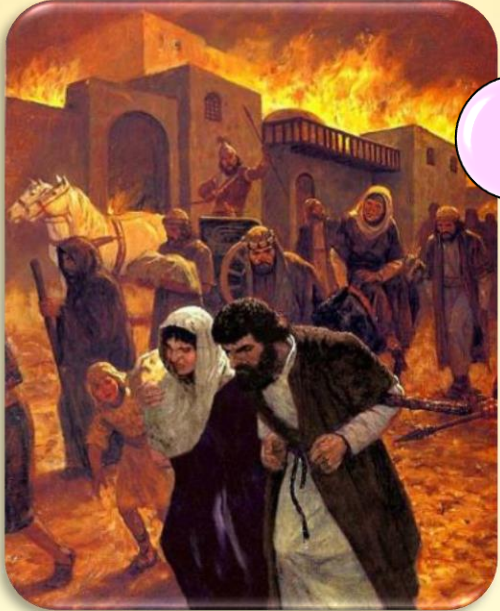
Besides, God had been sending messages about destruction through prophet Jeremiah. Baruch was overwhelmed. He was emotionally exhausted and could not find rest.



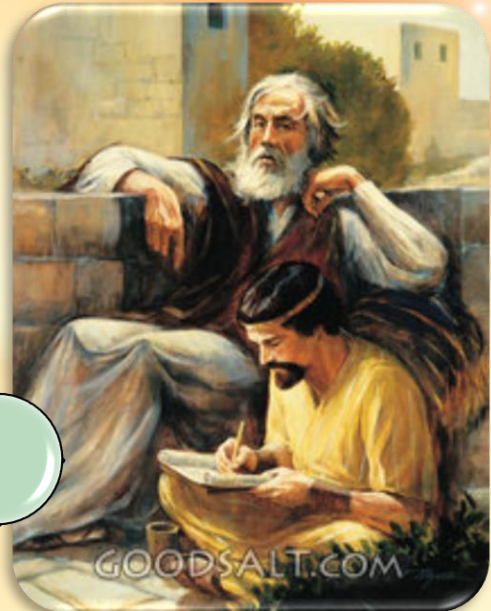
GOD IS CONCERNED ABOUT OUR REST

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God answered Baruch in two ways:

An illustration depicting the destruction of Jerusalem. In the background, a city is engulfed in flames. In the foreground, a group of people, including men, women, and children, are shown in various states of distress and flight. Some are carrying bundles, and one man is leading a horse. The scene is set in a dusty, desolate landscape.

I understand your pain. It pains me to have to punish my children, to destroy those I have created and looked after with love

An illustration of the prophet Jeremiah. He is an elderly man with a long white beard, wearing a dark robe, sitting on a stone ledge. He is looking towards a younger man, Baruch, who is sitting on the ground in front of him. Baruch is wearing a yellow robe and is writing on a scroll. The scene is set in a simple, outdoor environment with a stone wall and a building in the background.

I will preserve your life. Even amid destruction, "I will give your life to you as a prize in all places, wherever you go." (Jeremiah 45:5)

God has a special and positive promise for each one of us in moments of sadness and pain. He gives us a break in the middle of our troubles.

REST IN THE OLD TESTAMENT

“And on the seventh day God ended His work which He had done, and He rested.” (Genesis 2:2)

Several Hebrew words are used for “rest” in the Old Testament:

shabbat

Gn. 2:2-3; Ex. 5:5

To cease work, to rest, to take a holiday

nuakh

Ex. 20:11; Dt. 5:14; Job
3:13; Nm. 10:36; 2K. 2:15

Rest, settled, rested. It is used in the
fourth commandment

shaqat

Jos. 11:23

To be at rest, grant relief, be quiet,
peace

raga`

Dt. 28:65; Jer. 50:34

It is used in a causative form, describing
the inability to rest

shakab

Dt. 31:16; 2S. 7:12

To lie down, sleep, be dead

REST IN THE NEW TESTAMENT

“And He said to them, ‘Come aside by yourselves to a deserted place and rest a while.’ For there were many coming and going, and they did not even have time to eat.” (Mark 6:31)



There are also several Greek words for “rest” in the New Testament:

anapauō

Mt. 11:28; 26:45;
1Co. 16:18

To rest, relax, refresh. It can refer to physical or moral rest

hēsychazō

Lk. 23:56; 1Th. 4:11;
Acts 11:18

Sabbath rest, a quiet life, someone has no objections and keeps quiet

katapauō

Heb. 4:4

To cause to cease, bring to rest, rest. Used in Hebrews 4

In Mark 6:31, Jesus commanded His disciples to rest. Moments of rest are necessary to protect our health and emotional wellbeing. We should take time to rest when working hard, even if we are doing the work of God.



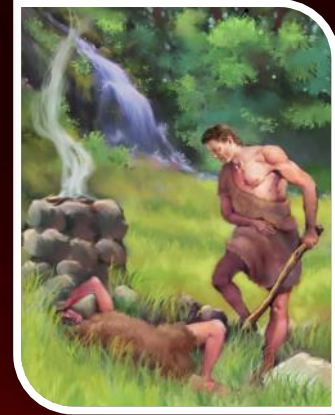
REST WITHOUT GOD

"Surely You have driven me out this day from the face of the ground; I shall be hidden from Your face; I shall be a fugitive and a vagabond on the earth, and it will happen that anyone who finds me will kill me."
(Genesis 4:14)

Cain was running away from God when he made that statement. He did not want to acknowledge his sin, and he was just afraid of being punished.

Cain chased material things, human relations, and maybe a busy life, trying to meet his need for spiritual rest and divine grace. That is quite a present-day situation, isn't it?

If we live a frantic 24-7 life without the rest God offers, we will lose perspective, get worn out physically, mentally, and emotionally, neglect prayer and Bible study, and move away from the Source of rest and life (Matthew 11:28).



“We need to appreciate more fully the meaning of the words: ‘I sat down under His shadow with great delight.’ Song of Solomon 2:3. These words do not bring to our minds the picture of hasty transit, but of quiet rest [...] Let us turn from the dusty, heated thoroughfares of life to rest in the shadow of Christ’s love. Here we gain strength for conflict. Here we learn how to lessen toil and worry, and how to speak and sing to the praise of God. Let the weary and the heavy-laden learn from Christ the lesson of quiet trust. They must sit under His shadow if they would be possessors of His peace and rest.”