

# Entering God's Rest











29,999  
MILES TO GO!







# Rest Areas



# Rest Areas

## There Remains a Sabbath Rest

*“There remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.*

*Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.”  
(Hebrews 4:9-11)*



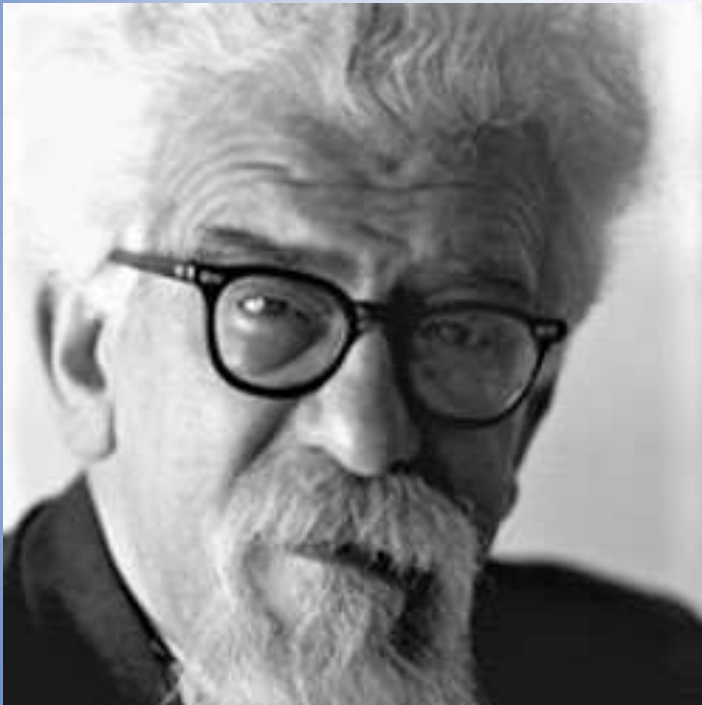
# Rest Areas

## What Does It Mean to Enter God's Rest?

*“When you cross the Jordan and live in the land which the LORD your God is giving you to inherit, and he gives you rest from all your enemies around you so that you live in security...there you shall bring...your burnt offerings and your sacrifices... And you shall rejoice before the LORD your God.”  
(Deuteronomy 12:10-12)*

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## What Does It Mean to Enter God's Rest?

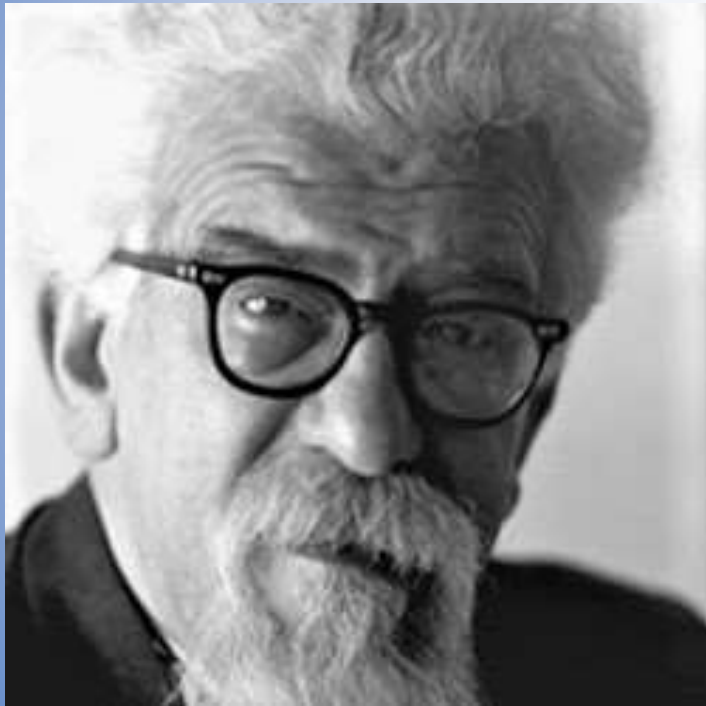


“Rest means here much more than withdrawal from labor and exertion, more than freedom from toil, strain or activity of any kind.”

– Abraham Heschel

# Rest Areas

## What Does It Mean to Enter God's Rest?



“Sabbath rest...[is] a *detachment* from things, instruments, and practical affairs as well as *attachment* to the spirit.” .”  
– Abraham Heschel



# Rest Areas

# DETACHMENT



# Rest Areas

## Godly Rest through Detachment

### Unintentional idolatry:

*“No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.” (Matthew 6:24)*

# Rest Areas

## Godly Rest through Detachment



“We are affected by the fractured and fragmented state of the modern world. We are trapped in a maze of competing attachments.” – Richard Foster



# Rest Areas

## Godly Rest through Detachment

*“After fasting forty days and forty nights, he was hungry. The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ Jesus answered, ‘It is written: “Man does not live on bread alone, but on every word that comes from the mouth of God.””” (Matthew 4:2-4)*

# Rest Areas

## Godly Rest through Detachment

*“All things are lawful for me, not all things are helpful. All things are lawful for me, but I will not be dominated by anything.” (1 Corinthians 6:12)*

# Rest Areas

## Godly Rest through Detachment

**We could all seek to simplify (or fast from):**

- **Our Schedule**
- **Our Career/Home Life/Ministry**
- **The Demands of People**
- **Technology**
- **Noise (music, TV, speaking, etc.)**
- **Other Material Attachments (food, shopping, etc.)**



# Rest Areas

## Godly Rest through Detachment

“The central point...of simplicity is to seek the kingdom of God and the righteousness of his kingdom first and then everything necessary will come in its proper order.” – Richard Foster

# Rest Areas

# ATTACHMENT



# Rest Areas

## Attachment: Resting in God

*“I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother. Like a weaned child is my soul within me.”*

*(Psalm 131:1-2)*

*“My presence will go with you, and I will give you rest.” (Exodus 33:14)*



# Rest Areas

## Attachment: Resting in God

### Rest Areas:

- **Personal (or Small Group) Devotional Time**
  - **Prayer**
  - **Biblical Study/Meditation**

*“Blessed is the man...[whose] delight is in the law of the LORD, and on his law, he meditates day and night.” (Psalm 1:1-3)*

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## Attachment: Resting in God

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*“He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither.” (Psalm 1:1-3)*

# Rest Areas

## Attachment: Resting in God

### Rest Areas:

- **A Sabbath Day (Sunday *and* Saturday?)**
- **Retreats.**
- **Purposely-restful vacations.**



# Rest Areas

## Attachment: Resting in God

### Rest Areas:

- **Re-connecting**
  - **To nature**
  - **To people (i.e., real conversation, service)**

# Rest Areas

## Attachment: Resting in God

### Rest Areas:

- **Actual physical rest.**
- **Diet and Exercise.**
- **Recreation and Celebration.**

# Rest Areas

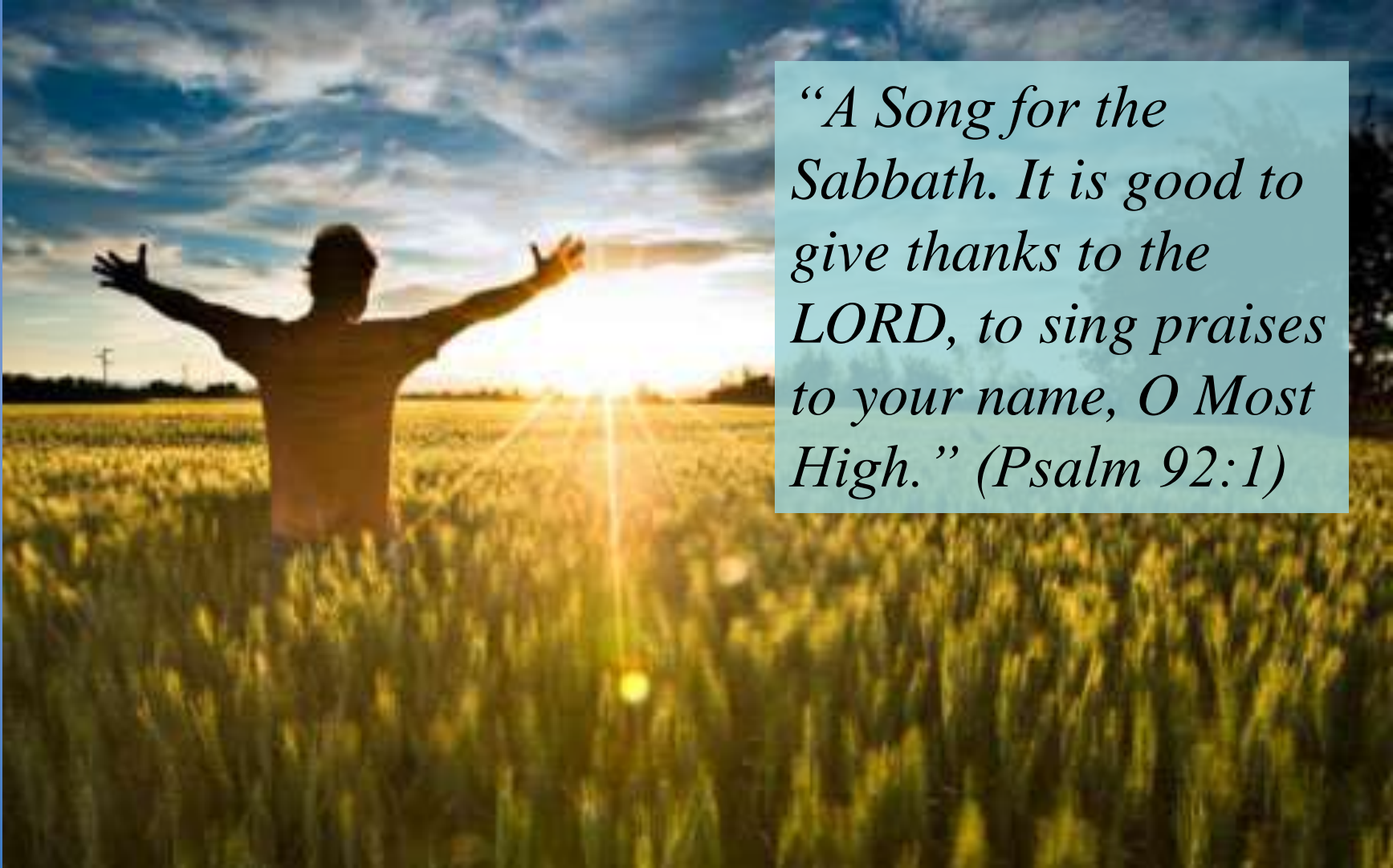




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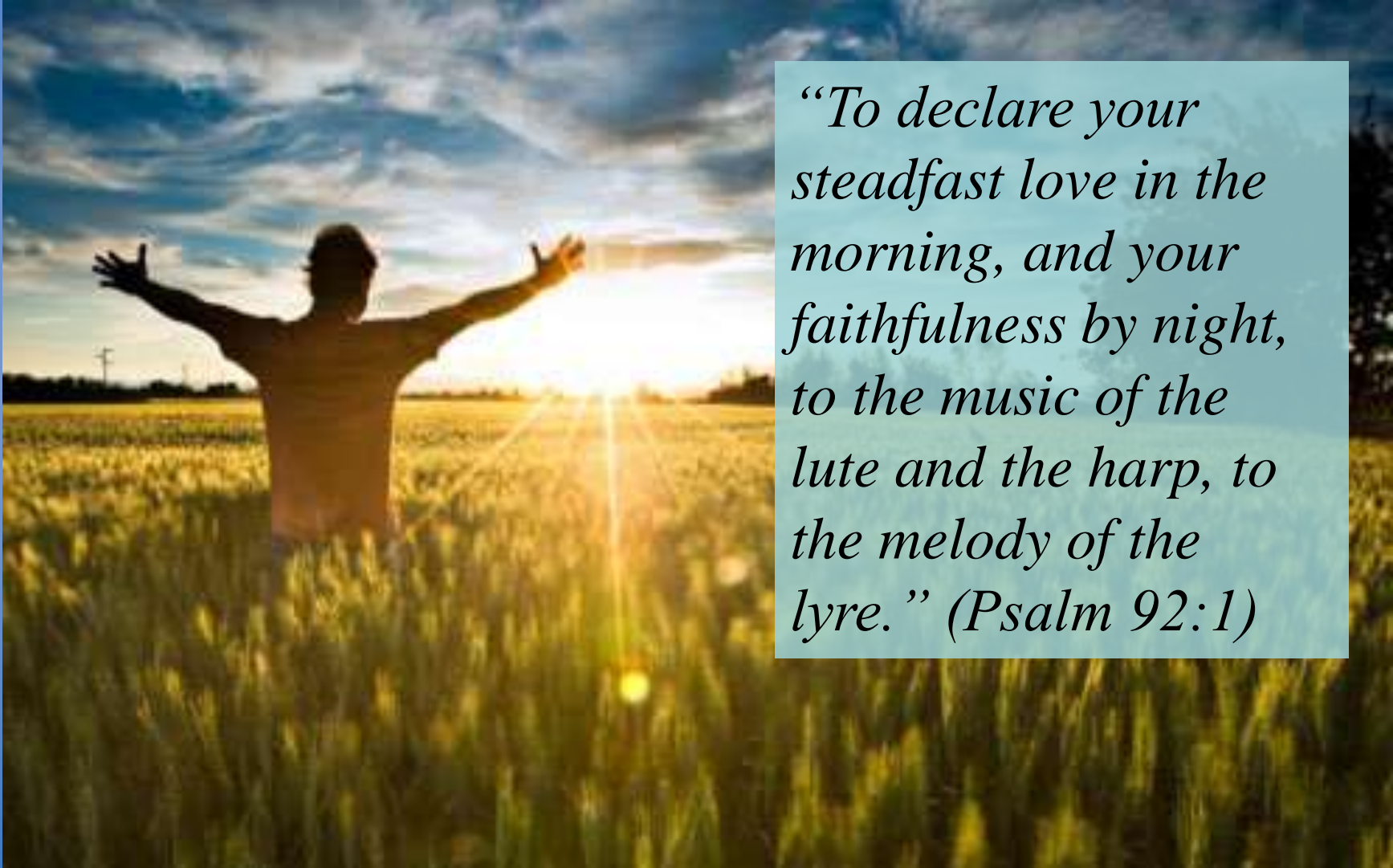
# Rest Areas

A photograph of a person standing in a field of tall grass, with their arms raised in a gesture of praise or worship. The sun is low on the horizon, creating a bright, golden glow and lens flare. The sky is filled with soft, white clouds. The overall mood is peaceful and uplifting.

*“A Song for the Sabbath. It is good to give thanks to the LORD, to sing praises to your name, O Most High.” (Psalm 92:1)*



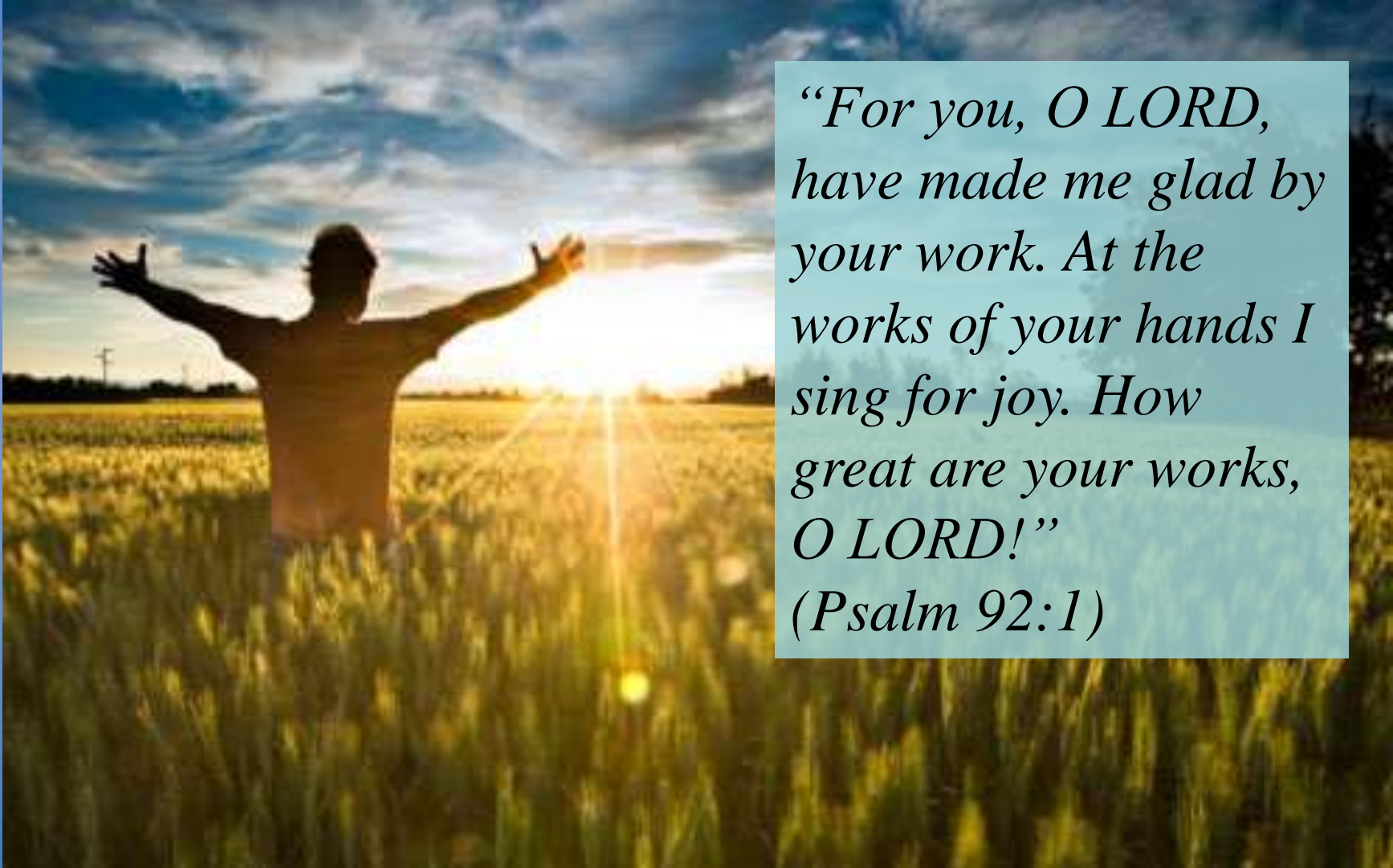
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*“To declare your steadfast love in the morning, and your faithfulness by night, to the music of the lute and the harp, to the melody of the lyre.” (Psalm 92:1)*



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*“For you, O LORD,  
have made me glad by  
your work. At the  
works of your hands I  
sing for joy. How  
great are your works,  
O LORD!”  
(Psalm 92:1)*

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