

What the Bible Says About Rest

GENESIS 2, VERSES 2 AND 3

And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. 3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

EXODUS 23, VERSE 12

Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed.

PSALMS 127, VERSE 2

It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

EXODUS 23, VERSE 10 AND 11

And six years thou shalt sow thy land, and shalt gather in the fruits thereof: 11 But the seventh year thou shalt let it rest and lie still; that the poor of thy people may eat: and what they leave the beasts of the field shall eat. In like manner thou shalt deal with thy vineyard, and with thy oliveyard.

INFORMATION

The Bible provides instruction on the importance of working, but it also provides instruction on the importance of rest. In fact, God has established work and rest as companions to the other. Rest is a reward for work properly done; rest is a spring of life to us and a deep blessing from God. Did God need to take six days to create everything, or did he choose six days so that he could establish a pattern for all people? According to the Word, we are to work six days and then rest on the seventh in order to remember God's own work and for ourselves to be refreshed. Notice that God did not say that only his people were to rest, but all people were to rest. God cares about all people, even the animals. The Lord also established several yearly and periodic feasts for his people. Beyond resting on the seventh day and special feasts, God also established that every seven years his people were to rest and to allow the land to rest. There is even more to say about rest including the year of jubilee. We can read about all of this in the Word while we rest from our work.

WHAT IT MEANS TO OUR FAMILY

Are we addicted to work? Do we choose to work ourselves beyond the need for rest? If so, let us cease immediately and remember that God means for us to take rest when we need it. Today, it is not uncommon for people to constantly push and deny themselves. We should reflect on this, and, instead sleep well and secure in the knowledge that God declares this as good and be thankful for it.

Relevant Passages

Exodus 33:14

And he said, My presence shall go with thee, and I will give thee rest.

Psalm 23:1-3

The Lord is my shepherd; I shall not want. 2 He maketh me to lie down in green pastures: he leadeth me beside the still waters. 3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Jeremiah 31:25

For I have satiated the weary soul, and I have replenished every sorrowful soul.

Luke 1:23

And it came to pass, that, as soon as the days of his ministration were accomplished, he departed to his own house.

Luke 5:16

And he withdrew himself into the wilderness, and prayed.