



Outer Growth - Rest

He shall enter into peace they shall rest in their beds, each one walking in his uprightness *Isaiah 57:2*

Relax - Psalms 127:9

Eat - 1 Corinthians 9:4

Sleep - Psalms 4:8

Time - Ecclesiastes 3:1

Rest is not easy at times for anyone to enjoy. Whether rich or poor, there is something that will come to mind. Isaiah chapter fifty-seven, verse two, pertains to a righteous person who no longer lives in this unpeaceful world but has gone from the physical realm into the spiritual. Everyone will have to go down this road at some point. Hopefully later than sooner. Still, a person serving God will experience that rest, the fourth commandment in the Old Testament. He expects all believers to keep it holy, which means setting it apart differently from the other days. To cease one's labor is to rest, serve God, and concentrate on the eternal things, spiritual life, and God's honor. Rest in today's society is not the case. The days of settling down on the weekend to rest from the hustle and bustle during the week are ancient history. The demand to work on weekends is the norm for some people, especially believers in Christ, who may not have a say or choice to honor their Sabbath day. There is a reason why God rested on the seventh day. God commanded a day of rest because He wants us to trust Him, and taking

a Sabbath helps keep us from idolizing work. Also, we will eventually fall apart if we don't rest.

Rest for a believer is to have God's peace within that passes all understanding, as in Philippians four verse seven. A right-doing or righteous person will rest by living in righteousness, obedience, and holiness of life. To have that rest amid the many trials we will face in this life with serenity and tranquillity of mind. Not letting anything disturb our relationship and connection with God, no sin within or Satan's temptations without, or any wicked men to annoy and molest.

To rest is to relax. There will be situations in our life, like a storm, where the waves of the sea can be fierce, which is unbearable. That could be a disagreement or an argument with a relative or loved one, an unpaid bill, or a need to buy but a lack of finances. Our God is the calm of the storm, and the waves made still are through Him, who is the one to subdue any obstacles or bad weather that may appear very dangerous.

In Matthew eight twenty-three to twenty-seven, when Jesus entered a ship with his disciples, a great wind in the sea covered the boat with waves: but he was asleep. The disciples came and woke him asking him to save them. "And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose and rebuked the winds and the sea, and there was a great calm. In the Old Testament, Genesis chapter eight, verse nine, "But the dove found no rest for the sole of her foot, and she returned unto him into the ark, for the waters were on the face of the whole earth: then he put forth his hand, and took her, and pulled her in unto him into the ark."

The dove could not find a place to stop because the water was above sea level. Even though the story is about the flood, the people who made fun of Noah for making this boat at the time of building it succumb to disaster. They did not find any rest because their mind and hearts were on other things, which made them lose out.

The point of relaxing through the problem or situation we are facing is to be calm because it will not make things better. To let out frustrations or create havoc will not change the circumstances. In reality, not being calm could

make things worse than it seems for ourselves physically, the people around us, and the environment. The problems we may encounter do not have feelings toward us, so it makes no point to react that way. Sure, it hurts and will be disappointing, but as believers, we should be calm and relaxed like Jesus was sleeping on the boat while storms and waves were loud and boisterous.

To rest is to eat. One of the most important responsibilities of every human being is to eat and drink so the body can recover. What does it have to do with a person resting? Plenty. The body needs the substance to help restore the energy used during the day.

Rest requires us to eat healthily as well as drink well. Sometimes people complain about going to bed and not being able to sleep. Their stomach growling and turning upon the beds indicate the importance of eating during their rest period. Drinking healthy drinks is just as essential as we eat as well. There are various times of the day when we see people taking a break from work, exercising, or doing different chores: they rest and require fluids to refuel before they continue.

To rest is to sleep. The significance of falling asleep is equally necessary as the other two ingredients mentioned for rest. Sleep occurs with Adam in Genesis two, verse twenty-one, chapter fifteen, the twelfth stanza with Abram, and especially Jacob in twenty-eight, verse eleven: "And he lighted upon a certain place, and tarried there all night because the sun was setting, and he took of the stones of that place, and put them for his pillows, and lay down in that place to sleep."

Jesus mentions sleep in Matthew twenty-six forty-five and Mark fourteen forty-one, respectively. Therefore, if the Son of God acknowledges this gesture to His disciples, that indicates the importance of doing it. Every human being requires at least one-third of the day to sleep for every day. However, some get less and some more, which could make a difference for a person to be sluggish or not.

To rest requires time. Not enough rest means not enough strength and could result in low energy. Taking on too much in a day and having less time to slumber may eventually lead to health issues. Some people get away with very little rest time for consecutive days

but tend to bob and weave when sleep catches up on them. That is why sometimes people get in an accident because they find themselves sleeping while driving. On the other hand, some people today take power naps here and there, ranging from a few minutes to an hour or less, which makes up for the lack of sufficient rest.

In Exodus eighteen, the coming of Jethro, Moses' father-in-law, comes with his family, as stated in verse six. Moses greets him and tells him all that the Lord has done in Egypt against Pharaoh and the Egyptians for Israel's sake of deliverance. During the visit, Jethro sees Moses judge the people before him from morning to evening, as in verse thirteen. He then responds to Him in the following verse. "And when Moses' father-in-law saw all he did to the people, he said, What *is* this thing that thou doest to the people? Why sittest thou alone, and all the people stand by thee from morning unto even?"

Moses explains his position with the people and what he does to support them. However, Jethro responds to the experience by viewing the process and advising him in verse eighteen. "Thou wilt surely wear away, both thou and this people that *is* with thee: for this thing *is* too heavy for thee; thou art not able to perform it alone." Jethro, being a relative, was looking out for Moses and suggested a plan moving forward for supporting the people. The point is with Moses and all the responsibilities of helping the people from morning until evening, plus factor in the time with God: there is no telling how much rest he could acquire in those days. As God's servants, we, as believers, must rest the body to help God and His agenda for our lives. Not enough relaxation, eating, and sleeping for lengthy periods is a poor representation of a Christian. The Son of God mentions sleep. Therefore rest is essential, and we must take care of ourselves in every way. Otherwise, who will?