

# Rest

## Ceasing from labor to worship God and restore the soul

Rest is not laziness but obedience. God rested on the seventh day—not from exhaustion but from completion. "And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work" (Genesis 2:3). This divine pattern establishes rest as sacred, built into creation's rhythm.

The Sabbath command protected workers and pointed to greater rest. "Remember the sabbath day, to keep it holy" (Exodus 20:8). Israel's weekly rest testified that life depends on God, not endless labor. The sabbath was gift, not burden: "The sabbath was made for man, and not man for the sabbath" (Mark 2:27).

Christ offers rest for weary souls. "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls" (Matthew 11:28-29). This rest comes not from ceasing activity but from ceasing self-effort—resting in Christ's finished work rather than our own striving.

Hebrews speaks of "a rest to the people of God" (Hebrews 4:9)—the ultimate sabbath of eternal fellowship with God. Present rest in Christ anticipates future rest in glory. "There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his" (Hebrews 4:9-10). Christians labor to enter that rest through faith, not works.

## God's Rest

### The divine pattern of sabbath

**Genesis 2:2-3** — God rested on the seventh day

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.

**Exodus 20:8-11** — Remember the sabbath day

Remember the sabbath day, to keep it holy.

**Exodus 31:17** — Sign between God and Israel

It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.

**Deuteronomy 5:12-15** — Keep the sabbath holy

Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee.

## Rest in Christ

Spiritual rest Jesus offers

**Matthew 11:28-30** — Come unto me and rest

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

**Hebrews 4:9-10** — Rest for the people of God

There remaineth therefore a rest to the people of God.

**Hebrews 4:3** — We which believe do enter rest

For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.

**Jeremiah 6:16** — Find rest for your souls

Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. But they said, We will not walk therein.

## Trusting God's Provision

Rest as expression of faith

**Psalms 127:2** — Vain to rise up early

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.

**Psalms 37:7** — Rest in the LORD

Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

**Isaiah 30:15** — In quietness and confidence

For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

**Psalms 46:10** — Be still and know that I am God

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

## Eternal Rest

The ultimate sabbath in glory

**Revelation 14:13** — Blessed are the dead, rest from labours

And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them.

**Hebrews 4:11** — Labour to enter that rest

Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

**Isaiah 57:2** — Enter into peace, rest

He shall enter into peace: they shall rest in their beds, each one walking in his uprightness.

**2 Thessalonians 1:7** — Rest with us

And to you who are troubled rest with us, when the Lord Jesus shall be revealed from heaven with his mighty angels,

From KJV Study • [kjvstudy.org](http://kjvstudy.org)