

## **Sermon Handout: *Rest Assured***

**Speaker:** Zach Carter

**Scripture:** Exodus 20:8-11

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### **Big Idea:**

The Sabbath commandment calls us not merely to rest from work but to enter into the deeper spiritual rest that is found in Christ. True Sabbath observance is fulfilled in Jesus, who offers us rest for our souls as we cease striving and trust in His finished work.

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### **Key Points:**

#### **1. The Burden of Toil:**

- Our longing for rest is rooted in the toil that sin introduced into the world (Genesis 3:17-19).
- This weariness goes beyond physical labor, touching every area of our lives.

#### **2. God's Command for Rest:**

- The Sabbath was a radical command in a world where continuous labor was the norm.
- It was meant to remind God's people that they were not slaves to their work, but belonged to God.

#### **3. Our Struggle with Sabbath:**

- Human hearts twist the Sabbath command, either neglecting it or turning it into a burdensome ritual.
- The Sabbath was designed as a gift, not a burden, pointing to our need for spiritual rest.

#### **4. Fulfillment in Christ:**

- The Sabbath points us to the ultimate rest found in Jesus Christ, who invites us to cease from our works and trust in His finished work for our salvation (Hebrews 4:9-10).

#### **5. Living in True Rest:**

- Jesus' invitation to rest (Matthew 11:28-30) is not just for one day a week, but for every day as we live in the grace and peace He provides.
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### **Discussion Questions:**

1. How do you experience the 'toil' mentioned in Genesis 3:17-19 in your daily life? In what ways does this toil affect not just your work, but your relationships and spiritual life?
2. How does God's command to rest challenge the norms of our culture today? What practices could you adopt to honor the Sabbath in a way that reflects its intended purpose?
3. Have you ever found yourself either neglecting the Sabbath or turning it into a burden? Share your experiences and discuss how we can keep the Sabbath holy without making it a legalistic exercise.
4. Hebrews 4:9-10 speaks of the rest found in Christ. How does understanding Jesus as our Sabbath rest change the way you approach both work and rest?
5. As a group, identify one practical step each person can take this week to better rest in Christ. How can we hold each other accountable to live in the true rest that Jesus offers?