



*Scriptures*  
REST IN GOD

G O D S A I D I A M

Mark 2:27-28 Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!"

Exodus 34:21 "Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest."

Exodus 23:12 "Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed."

**Rest is one of the main things we need to take care of our bodies.**

1 Corinthians 6:19-20 Don't you know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. Therefore glorify God in your body.

Romans 12:1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.

**Follow the example of God. The idea that getting quality rest means that you are lazy is folly. Even God rested.**

Matthew 8:24 Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping.

Genesis 2:1-3 Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Exodus 20:11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Hebrews 4:9-10 There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his.

## **Rest is a gift from God.**

Psalm 127:2 It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. Getting rest shows trust in God and allow God to work. Trust in God and nothing else.

Psalm 62:1-2 Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

Psalm 46:10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Psalm 55:6 Oh, that I had wings like a dove; then I would fly away and rest!

Psalm 4:8 "When I lie down, I go to sleep in peace; you alone, O Lord, keep me perfectly safe."

Psalm 3:5 "I lay down and slept, yet I woke up in safety, for the LORD was watching over me."

Proverbs 6:22 "When you walk about, they (the godly teachings of your parents) will guide you; When you sleep, they will keep watch over you; And when you awake, they will talk to you."

Isaiah 26:4 "Trust in the LORD forever, because GOD the LORD is the Rock eternal."

Isaiah 44:8 "Do not tremble or fear. Have I not told you and declared it long ago? You are My witnesses! Is there any God but Me? There is no other Rock; I know not one."