

06 - “I Am Rested”

By Pastor Ed Anderson

Introduction: The Need for True Rest

- **Key Thought:** In a world filled with anxiety, stress, and sleep deprivation, God offers a divine solution—His rest.

- **Statistics on Sleep & Anxiety:**

- **50-70 million Americans** suffer from sleep disorders.

- **30-40% of adults** experience insomnia due to stress.

- **Teenagers today** report stress levels comparable to psychiatric patients in the 1950s.

- **Key Verse: Matthew 11:28-30 –**

“Come to me, all you who are weary and burdened, and I will give you REST. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find REST for your souls. For my yoke is easy and my burden is light.”

Part 1: Understanding Anxiety and Stress

- **Definitions:**

- **Anxiety** – A feeling of unease, often caused by fear of the unknown.

- **Stress** – The body’s response to challenges and pressures.

- **Common Causes of Anxiety & Stress:**

1. Work pressure

2. Financial concerns

3. Health problems

4. Relationship struggles

- **The Effects of Chronic Stress:**

- Leads to **heart disease, high blood pressure, and weakened immunity.**

- Contributes to **mental health issues, including depression and burnout.**

- **Biblical Response:**

- **1 Peter 5:7** – “Cast all your anxiety on Him because He cares for you.”

Part 2: God’s Sabbath Rest—A Divine Solution

- **Genesis 2:2-3** – “By the seventh day God had finished the work He had been doing; so on the seventh day He rested... God blessed the seventh day and made it holy.”

- The **Sabbath was instituted by God Himself.**

- It is **not just about physical rest**, but a **holistic rest**—body, mind, and spirit.

- **Jesus and the Sabbath:**

- **Mark 2:27** – “The Sabbath was made for man, not man for the Sabbath.”

- **Jesus emphasized the Sabbath** as a gift for our well-being.

- **The Science Behind Rest:**

- Regular rest prevents **burnout, improves mood, and enhances cognitive function.**
- **Rest is more than sleep**—intentional breaks for spiritual, mental, and emotional renewal are essential.

Part 3: Overcoming Anxiety and Stress through God's Rest

1. **Resting in God's Presence**
 - **Psalm 46:10** – “Be still and know that I am God.”
 - We need to **step back from the chaos** and trust in God's sovereignty.
2. **The Practice of Sabbath**
 - Observing the Sabbath **reduces stress and anxiety.**
 - A **weekly rhythm of rest** allows us to reconnect with God and refresh our souls.
3. **Breaking the Cycle of Anxiety**
 - Anxiety thrives on overthinking and worry.
 - **The Sabbath redirects our focus from our worries to God's peace.**
4. **Cognitive Behavioral Therapy (CBT) and Sabbath Rest**
 - CBT teaches people to challenge negative thought patterns.
 - **The Sabbath functions as a time to replace anxious thinking with God's truth.**

Part 4: The Sabbath as Self-Care

- **Self-care is essential for mental health,** and Sabbath rest is God's divine plan for self-care.
- **The Sabbath is not legalism—it is a gift from God.**

Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you REST.”

- **Jesus is the Lord of the Sabbath (Matthew 12:8)**—true rest is found in Him.

Part 5: When is God's Sabbath?

- **Exodus 20:8-11** –
“Remember the Sabbath day by keeping it holy. Six days you shall labor, but the seventh day is a Sabbath to the Lord your God... The Lord blessed the Sabbath day and made it holy.”
- **God set apart the seventh day for rest and worship.**
- **It is a sacred time to commune with Him.**

Conclusion: The Call to Rest in God

- **Anxiety and stress are real struggles,** but God offers a **divine remedy** through His Sabbath rest.
- **The Sabbath is a principle of life**—a call to pause, rest, and focus on God.

- **Through Sabbath rest, God invites us to experience His peace** that surpasses all understanding.

Key Verse: Hebrews 4:9 – *“There remains, then, a Sabbath-rest for the people of God.”*

Final Reflection

- **Are you experiencing true rest in Christ?**
- **How can you intentionally practice Sabbath rest this week?**

Closing Appeal

- Accept Jesus’ invitation to **rest in Him**.
- Commit to making the **Sabbath a part of your weekly rhythm**.
- Experience the **peace, renewal, and healing** that comes from **God’s divine rest**.