



# A Rhythm With Rest

Week 3 - Jesus Is Our Rest

Senior Teaching Pastor Jim Supp - Reston Bible Church - January 21st, 2024



**“In You I rest, in You I found my hope. In You I trust, You never let me go. I place my life within Your hands alone. Be still, my soul.”**

*Kari Jobe*





# **Building the Foundation for A Rhythm With Rest:**

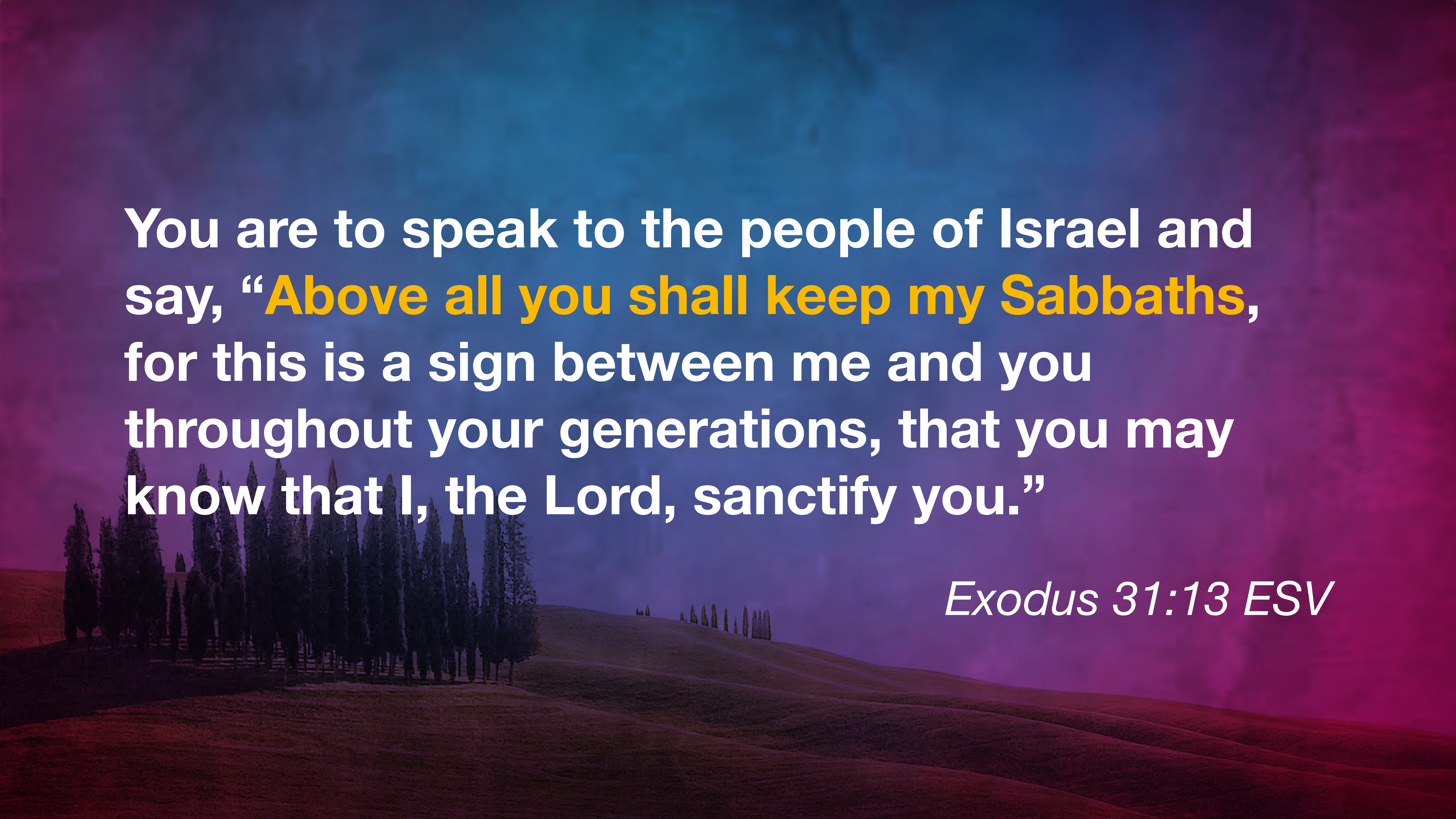
- **We are Created in the Image of God**
- **God Created us to be Creative**
- **Effective Rhythms are by God's Design**



# Sabbath is About:

- **Trust For God's Provision**
- **Remembrance of God's Provision**
- **Being Set Apart For God's Purposes**



A landscape with rolling hills and a line of tall, thin trees under a blue and purple sky. The text is overlaid on the image.

You are to speak to the people of Israel and say, “**Above all you shall keep my Sabbaths,** for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you.”

*Exodus 31:13 ESV*

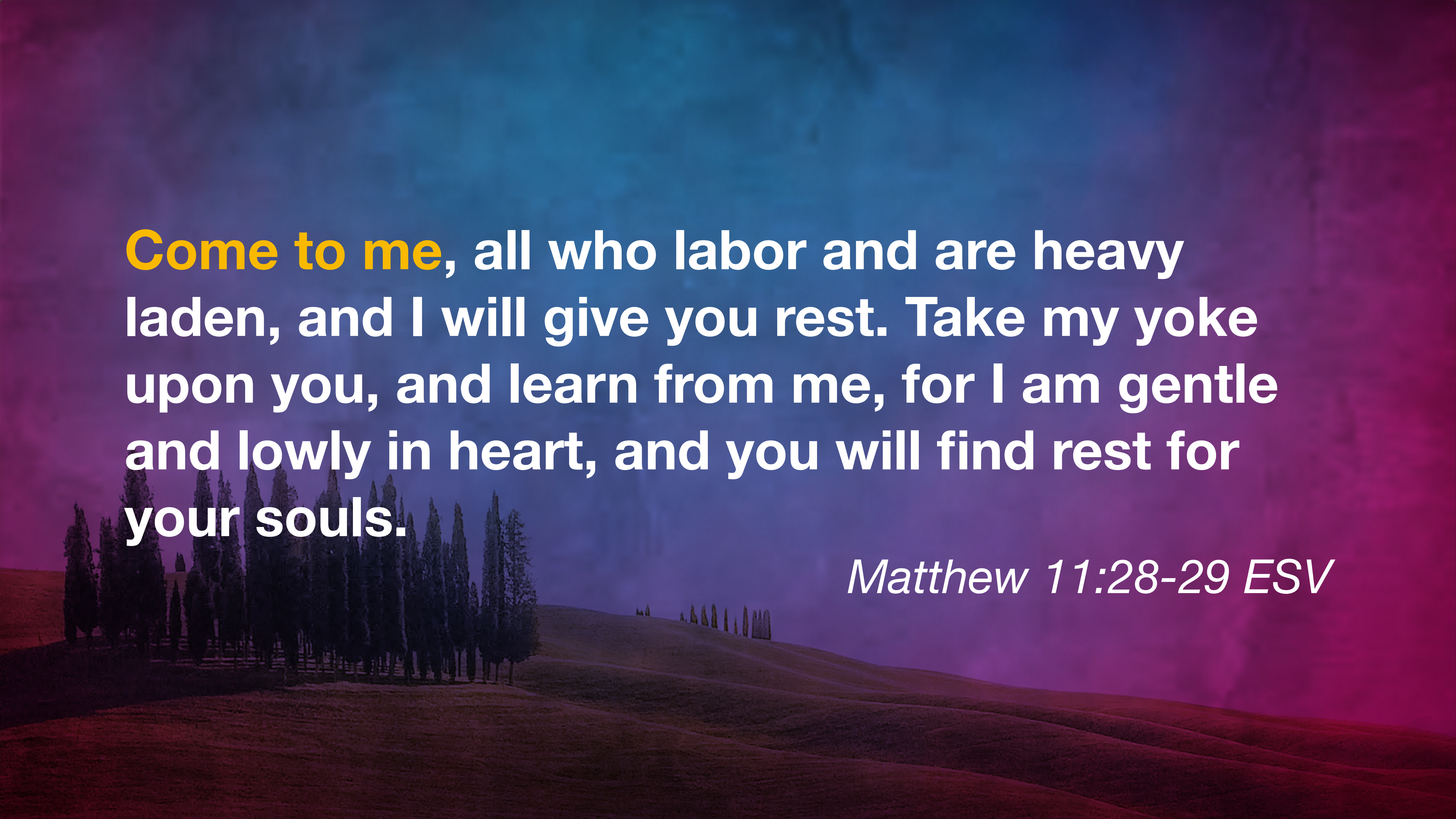


# 1. Clarity from the Teaching of Jesus

**“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished.**

*Matthew 5:17-18 ESV*

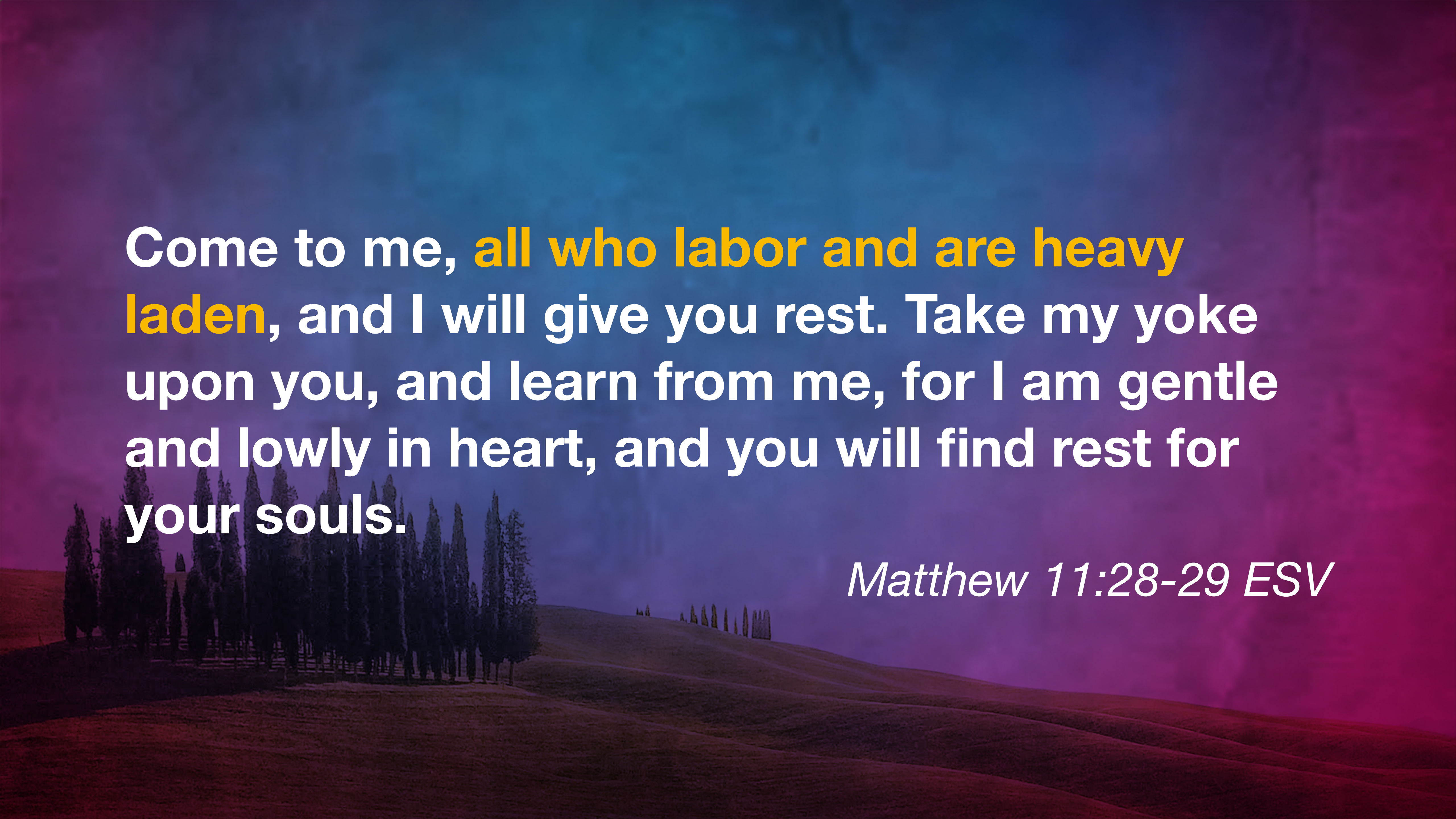


A landscape with rolling hills and a line of tall, thin trees under a blue and purple sky. The text is overlaid on the image.

**Come to me**, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

*Matthew 11:28-29 ESV*

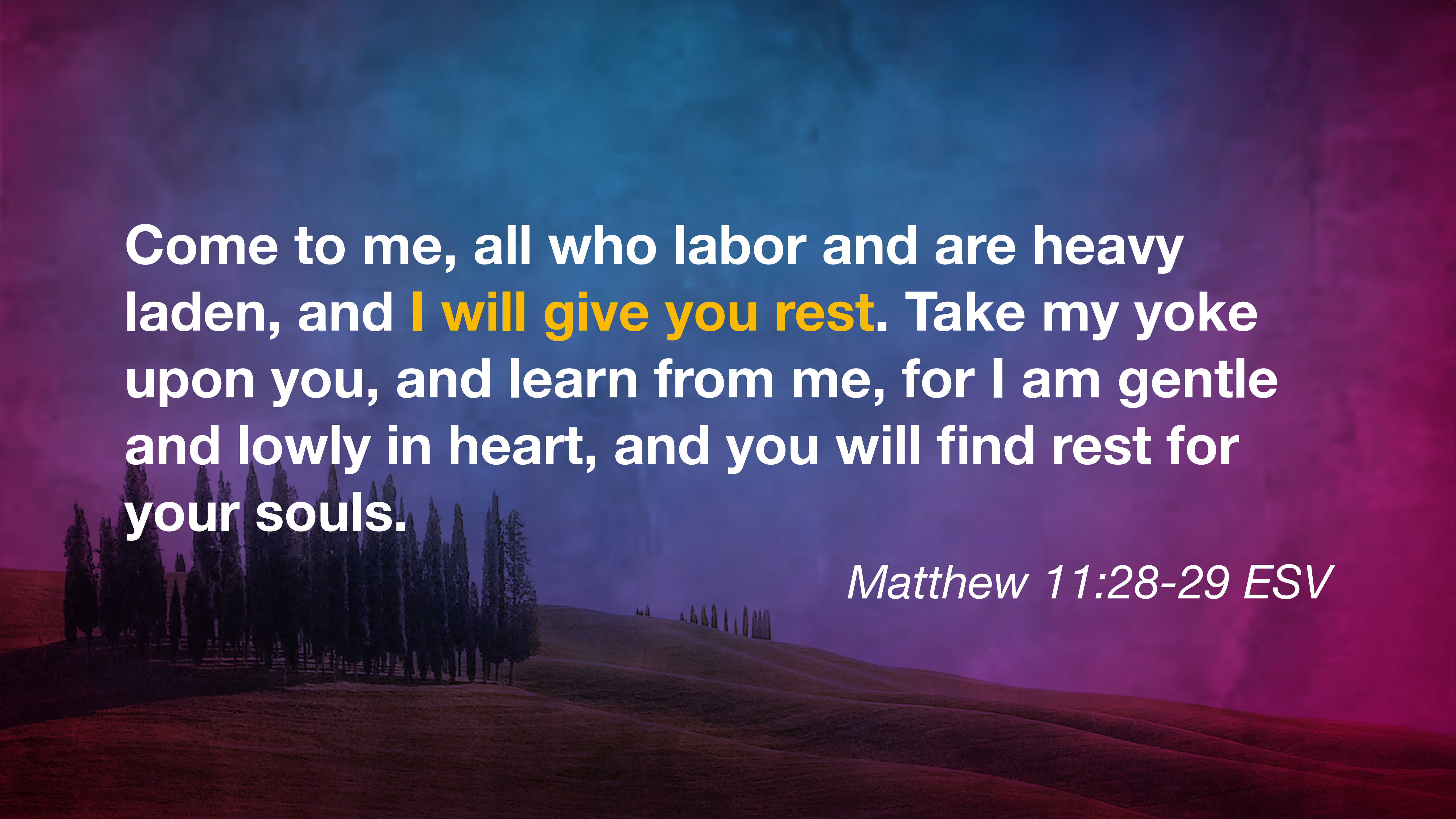


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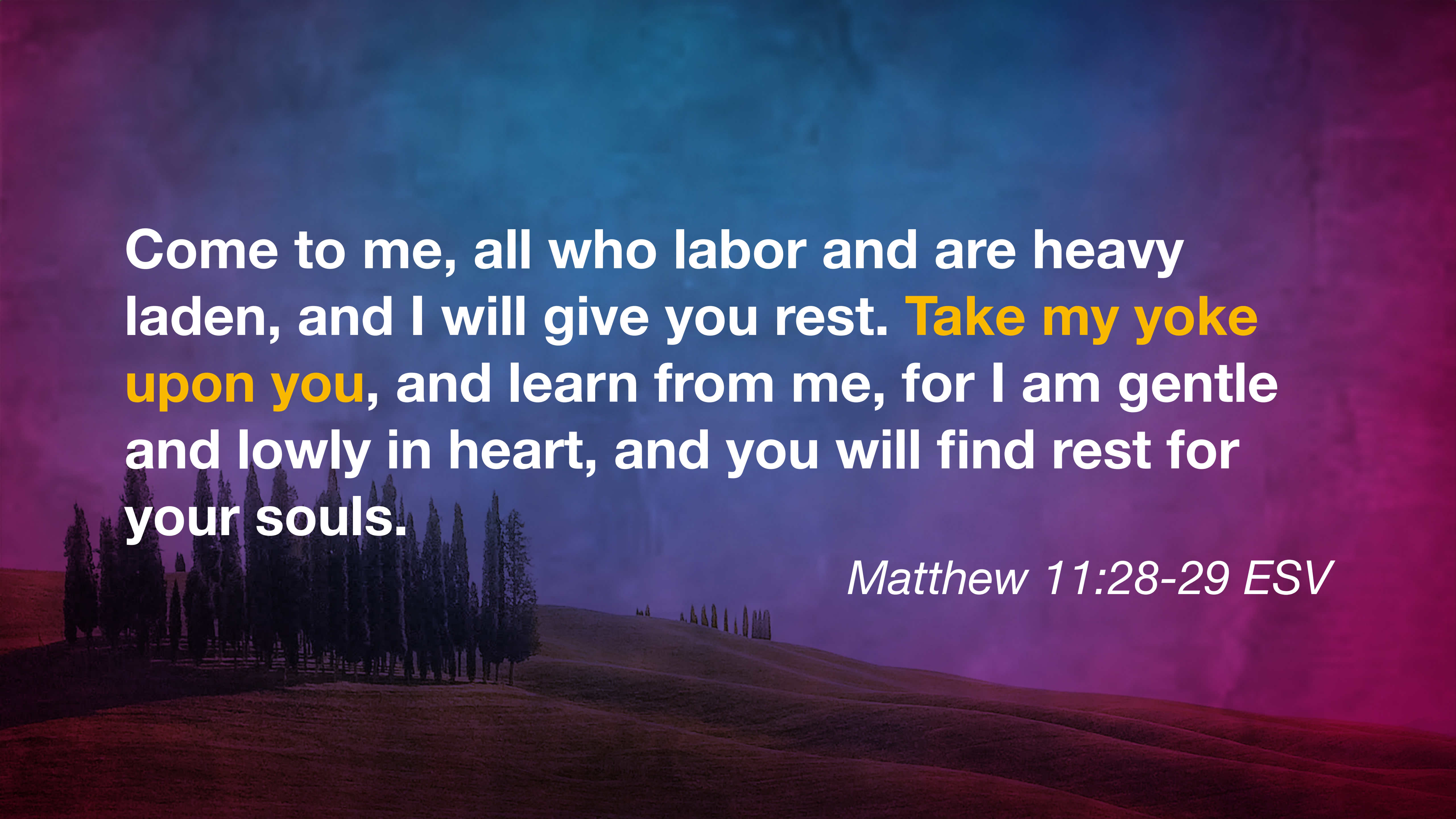


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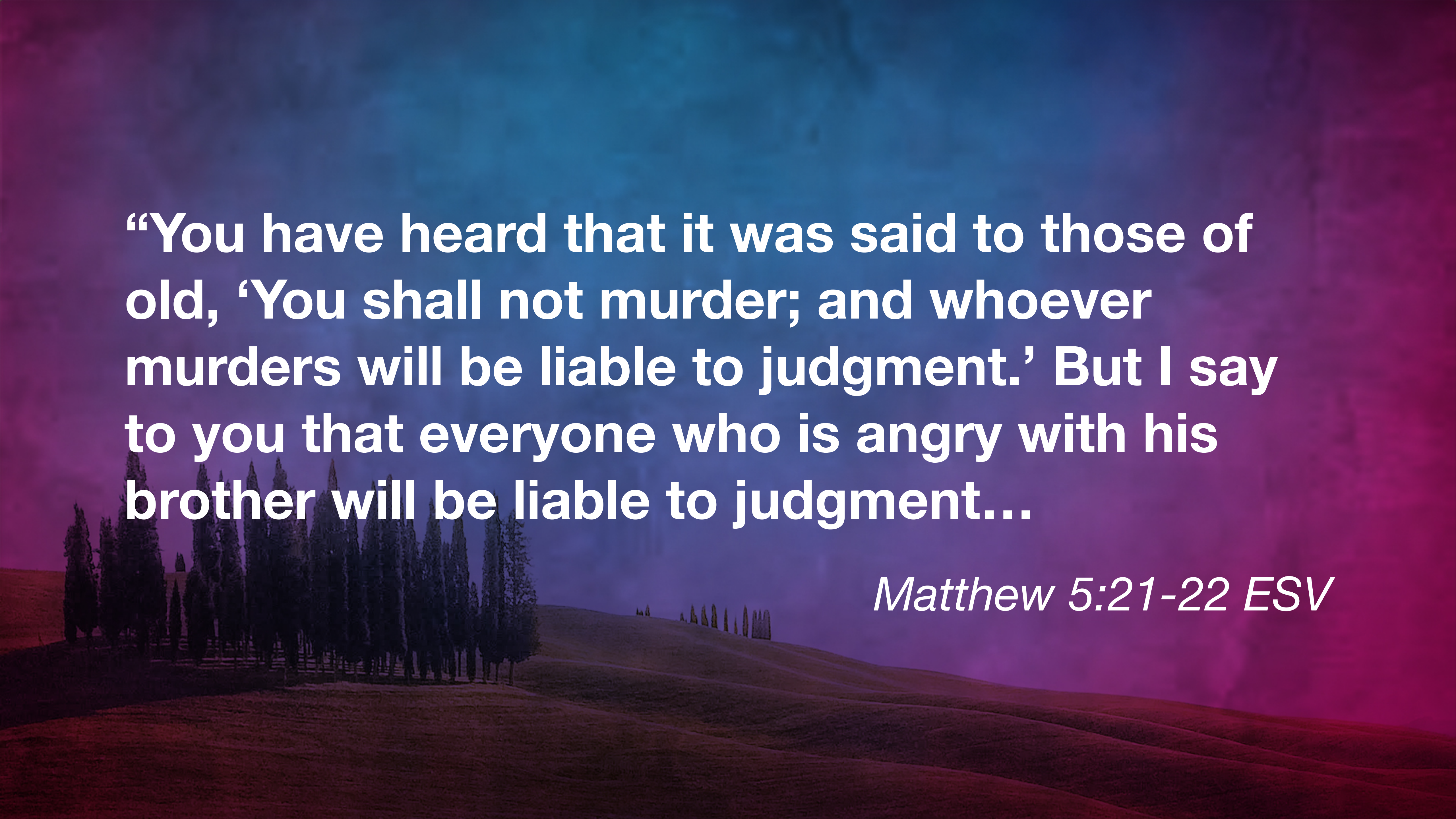








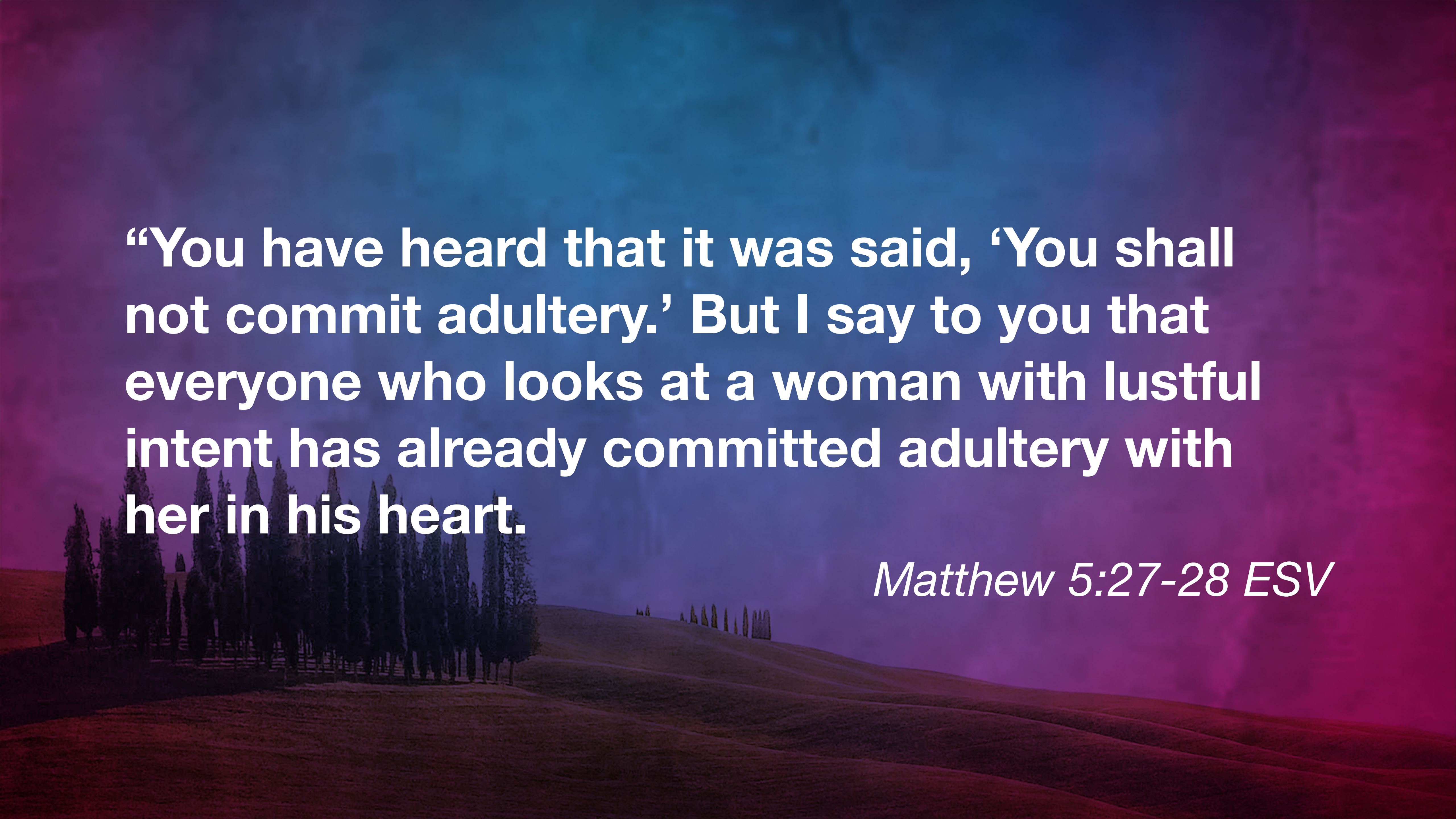


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**“You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ But I say to you that everyone who is angry with his brother will be liable to judgment...**

*Matthew 5:21-22 ESV*

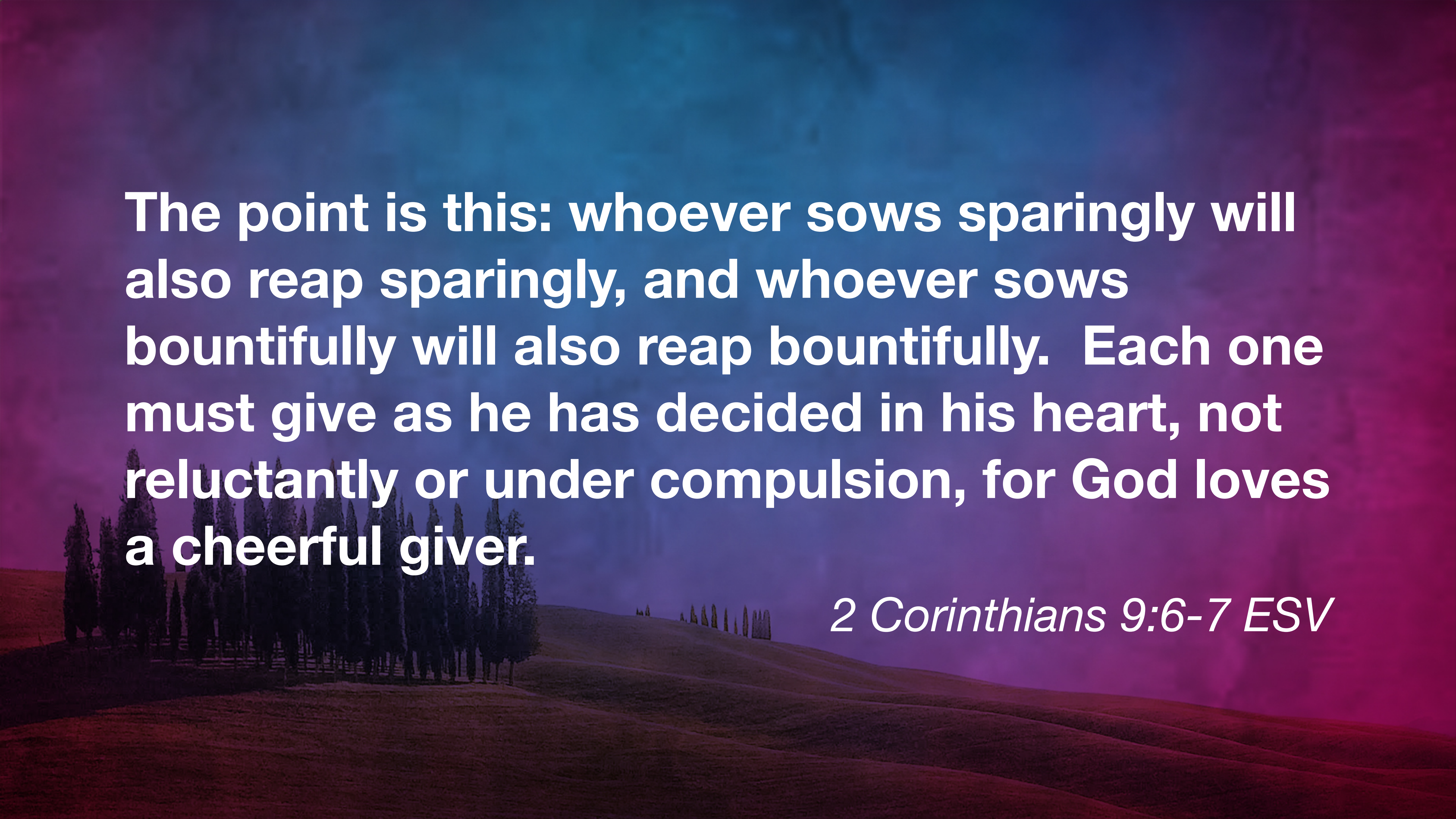


A landscape with rolling hills and a line of trees under a blue and purple sky. The text is overlaid on the image.

**“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.**

*Matthew 5:27-28 ESV*



The background of the slide is a landscape photograph. It features rolling green hills in the foreground and middle ground. A prominent line of tall, thin, dark green trees, likely cypresses, runs across the middle ground. The sky is a clear, bright blue. The overall scene is peaceful and natural.

**The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.**

*2 Corinthians 9:6-7 ESV*



He went on from there and entered their synagogue. And a man was there with a withered hand. And they asked him, “Is it lawful to heal on the Sabbath?” —so that they might accuse him. He said to them, “Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out? Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath.”

*Matthew 12:9-12 ESV*



**And he (Jesus) said to them, “The Sabbath was made for man, not man for the Sabbath.”**

*Mark 2:27 ESV*



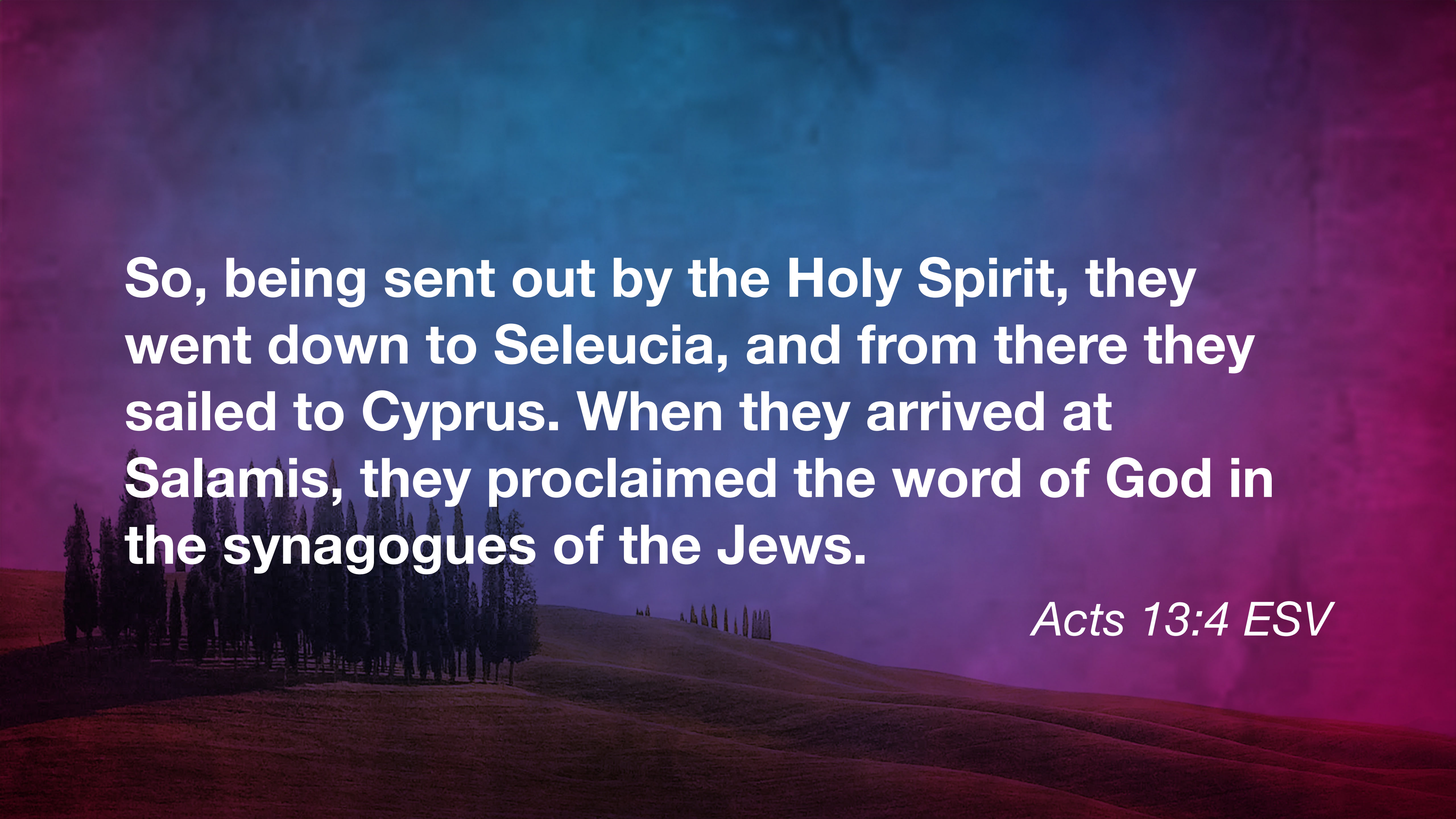


## **2. Clarity in the Book of Acts**

**Paul Went to Synagogues on the Sabbath**





The background of the slide is a landscape photograph. It features rolling hills in the foreground and middle ground, with a line of tall, thin, dark trees (possibly cypresses) on a ridge. The sky is a gradient of blue and purple, suggesting a sunset or sunrise. The text is overlaid on this background.

**So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to Cyprus. When they arrived at Salamis, they proclaimed the word of God in the synagogues of the Jews.**

*Acts 13:4 ESV*



# Roman Cyprus





**[They] came to Antioch in Pisidia. And on the Sabbath day they went into the synagogue and sat down.**

*Acts 13:14 ESV*





# PAUL'S FIRST MISSIONARY JOURNEY

AD 46-48

ACTS 13:4-14:28



**The next Sabbath almost the whole city  
gathered to hear the word of the Lord.**

*Acts 13:44 ESV*





## **2. Clarity in the Book of Acts**

### **Jerusalem Council**





When Silas and Timothy arrived from Macedonia, Paul was occupied with the word, testifying to the Jews that the Christ was Jesus. And when they opposed and reviled him, he shook out his garments and said to them, “Your blood be on your own heads! I am innocent. **From now on I will go to the Gentiles.**”

*Acts 18:5-6 ESV*

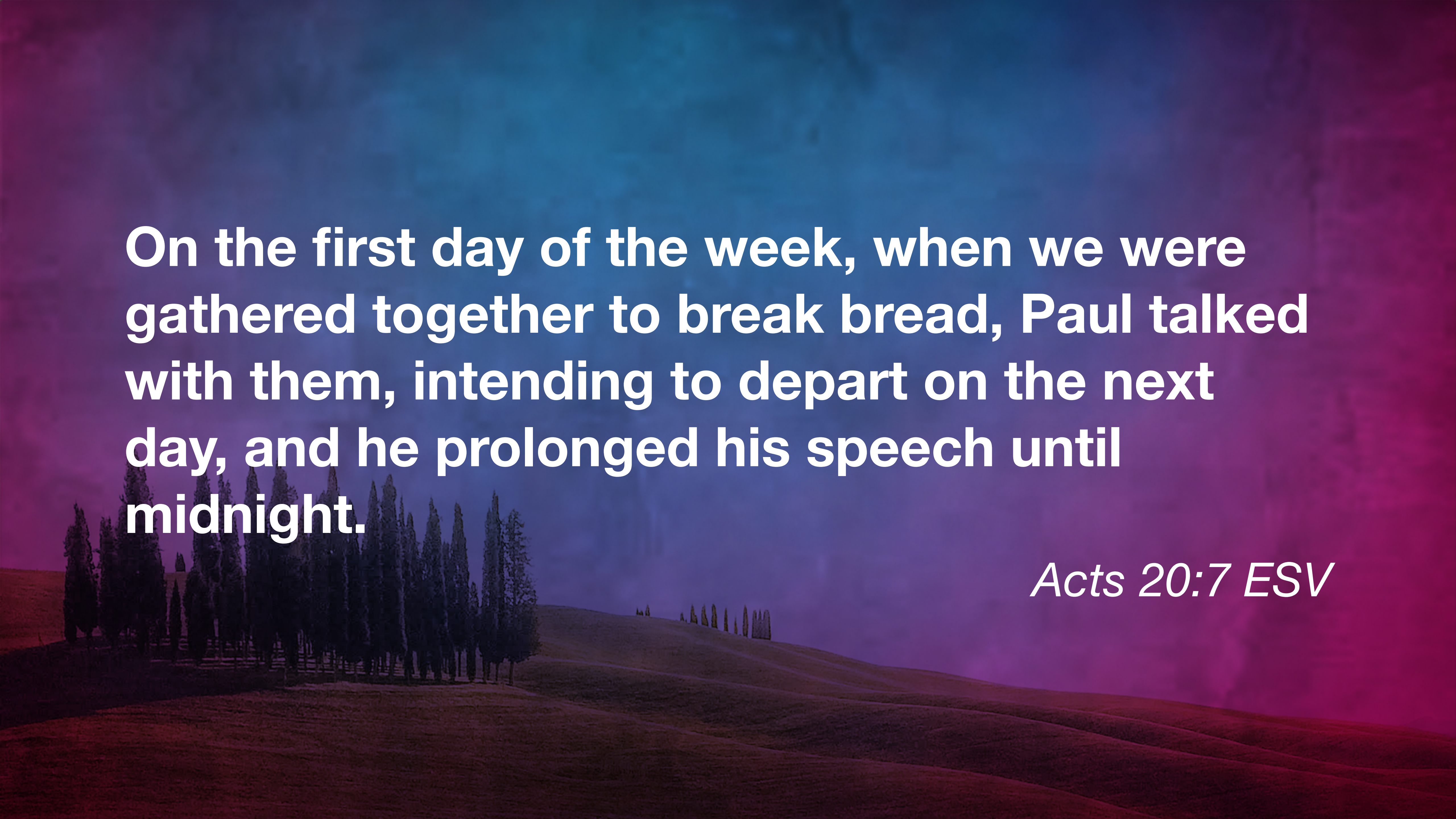


# 2. Clarity in the Book of Acts

## The Lord's Day





A landscape with rolling hills and a line of tall, thin trees under a blue and purple sky. The text is overlaid on the upper portion of the image.

**On the first day of the week, when we were gathered together to break bread, Paul talked with them, intending to depart on the next day, and he prolonged his speech until midnight.**

*Acts 20:7 ESV*



**I was in the Spirit on the Lord's day...**

*Revelation 1:10 ESV*



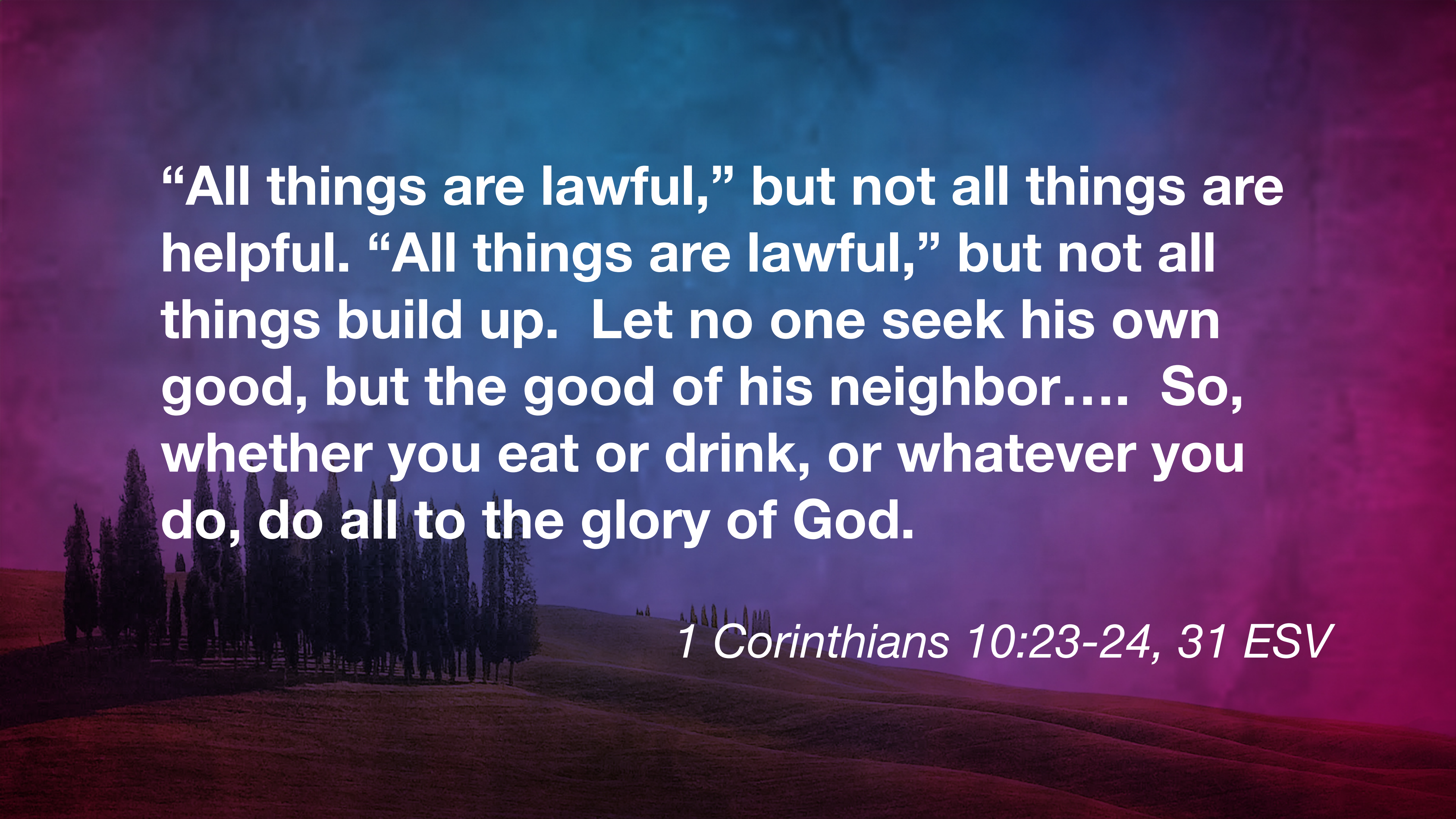


### 3. Clarity From New Testament Letters

One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. The one who observes the day, observes it in honor of the Lord.

*Romans 14:5-6a ESV*



A scenic landscape with rolling hills and a row of tall, thin trees under a blue sky. The text is overlaid on the image.

**“All things are lawful,” but not all things are helpful. “All things are lawful,” but not all things build up. Let no one seek his own good, but the good of his neighbor.... So, whether you eat or drink, or whatever you do, do all to the glory of God.**

*1 Corinthians 10:23-24, 31 ESV*



A landscape with rolling hills and a line of tall, thin trees under a blue and purple sky.

Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.

**These are a shadow of the things to come, but the substance belongs to Christ.**

*Colossians 2:16-17 ESV*



**Shadow** – an example that prefigures  
or foreshadows what is to come.





**For if Joshua had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.**

*Hebrews 4:8-11 ESV*



# Jesus As Our Rest:

- **Clarity from the Teachings of Jesus**
- **Clarity from the Book of Acts**
- **Clarity from the New Testament Letters**



**Rest** – *Shabat* - Cease, stop, come to an end, to refrain from working, to be inactive.

