



A Rhythm With Rest

Week 4 - Creating a Rhythm Rest

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

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**

Jesus As Our **Rest**:

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

Creating a **Rhythm** With **Rest**





**But he would withdraw to desolate places
and pray.**

Luke 5:16 ESV

**But Jesus often withdrew to lonely places
and prayed.**

Luke 5:16 NIV

“Every system is perfectly designed to get the results it gets. If the results you are getting are lousy – anxiety at a simmer, mild depression high levels of stress, chronic emotional burnout, little to no sense of the presence of God, an inability to focus your mind on the things that make for life - then the odds are very good that something about the system that is your life is off kilter.”,

John Mark Comer

Ruthless Elimination of Hurry

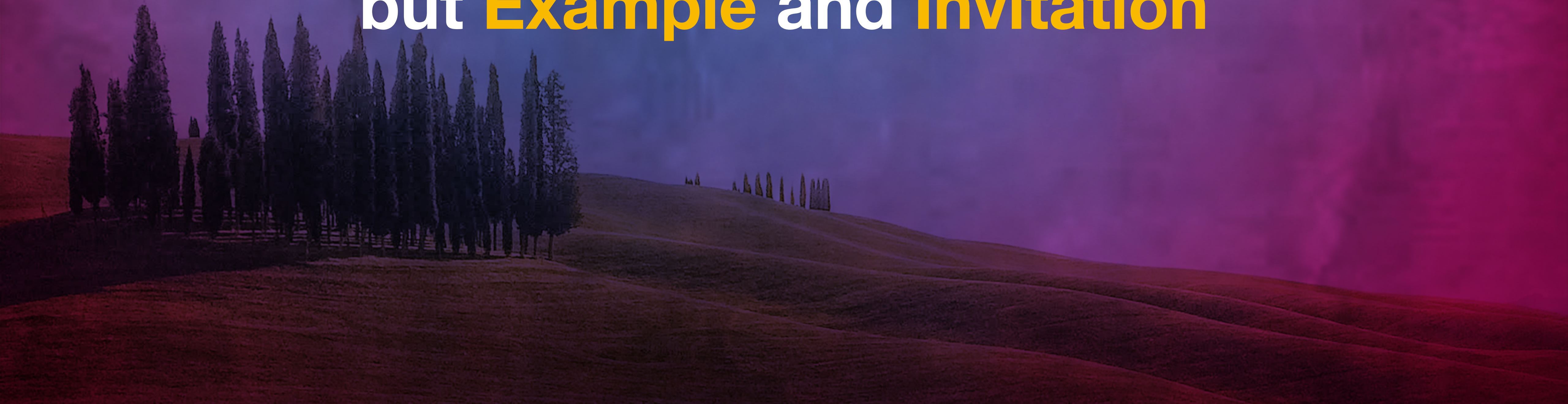
The background of the image is a landscape with rolling hills and a line of trees. The sky is a mix of purple and blue, suggesting a sunset or sunrise. The hills are in shades of brown and green, and the trees are dark silhouettes.

Reset: Living a **Grace-Paced** Life in a
Burnout Culture

Refresh: Embracing a **Grace-Paced** Life
in a *World of Endless Demands*

1. Follow the **Pattern** of **Jesus**

Not coercion and control,
but **Example** and **Invitation**



Jesus Withdrew to Prepare

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

Matthew 4:1-2 ESV

**Wilderness or desert –means a solitary
place, uninhabited.**



Jesus Withdrew In the Midst of Great Need

But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. **But he would withdraw to desolate places and pray.**

Luke 5:15-16 ESV

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. And Simon and those who were with him searched for him, and they found him and said to him, “Everyone is looking for you.” And he said to them, “Let us go on to the next towns, that I may preach there also, for that is why I came out.”

Mark 1:25-38 ESV

Jesus Rested with His Disciples

The apostles returned to Jesus and told him all that they had done and taught. And he said to them, **“Come away by yourselves to a desolate place and rest a while.”** For many were coming and going, and they had no leisure even to eat. And they went away in the boat **to a desolate place by themselves.**

Mark 6:30-32 ESV

Jesus Withdrew to Pray for Important Decisions

In these days he went out to the mountain to pray, and all night he continued in prayer to God. And when day came, he called his disciples and chose from them twelve, whom he named apostles:

Luke 6:12-13 ESV

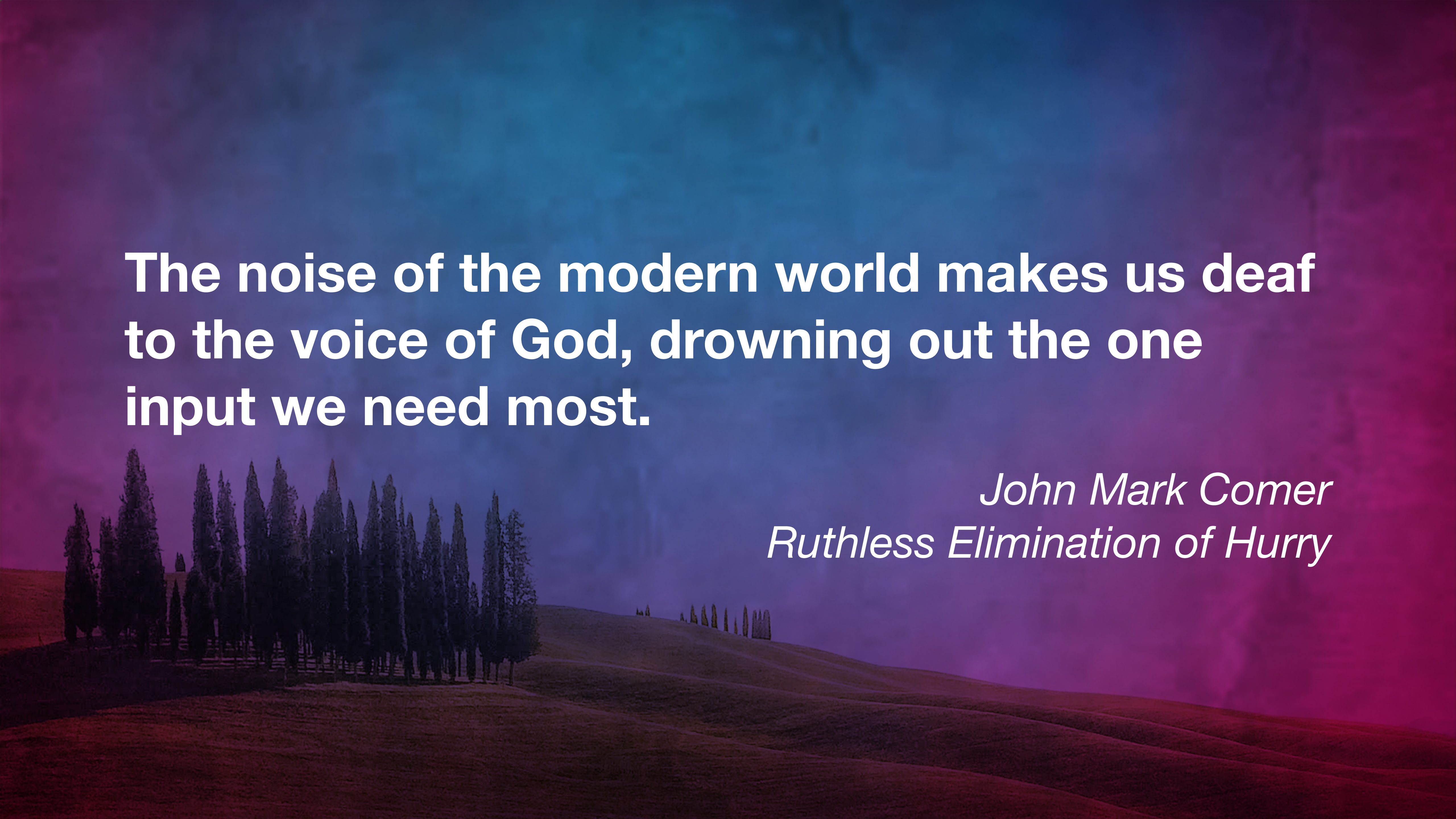
2. Follow the **Rhythm** of **Creation** not Culture

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

Psalm 127:2 ESV

Put limits on your technology



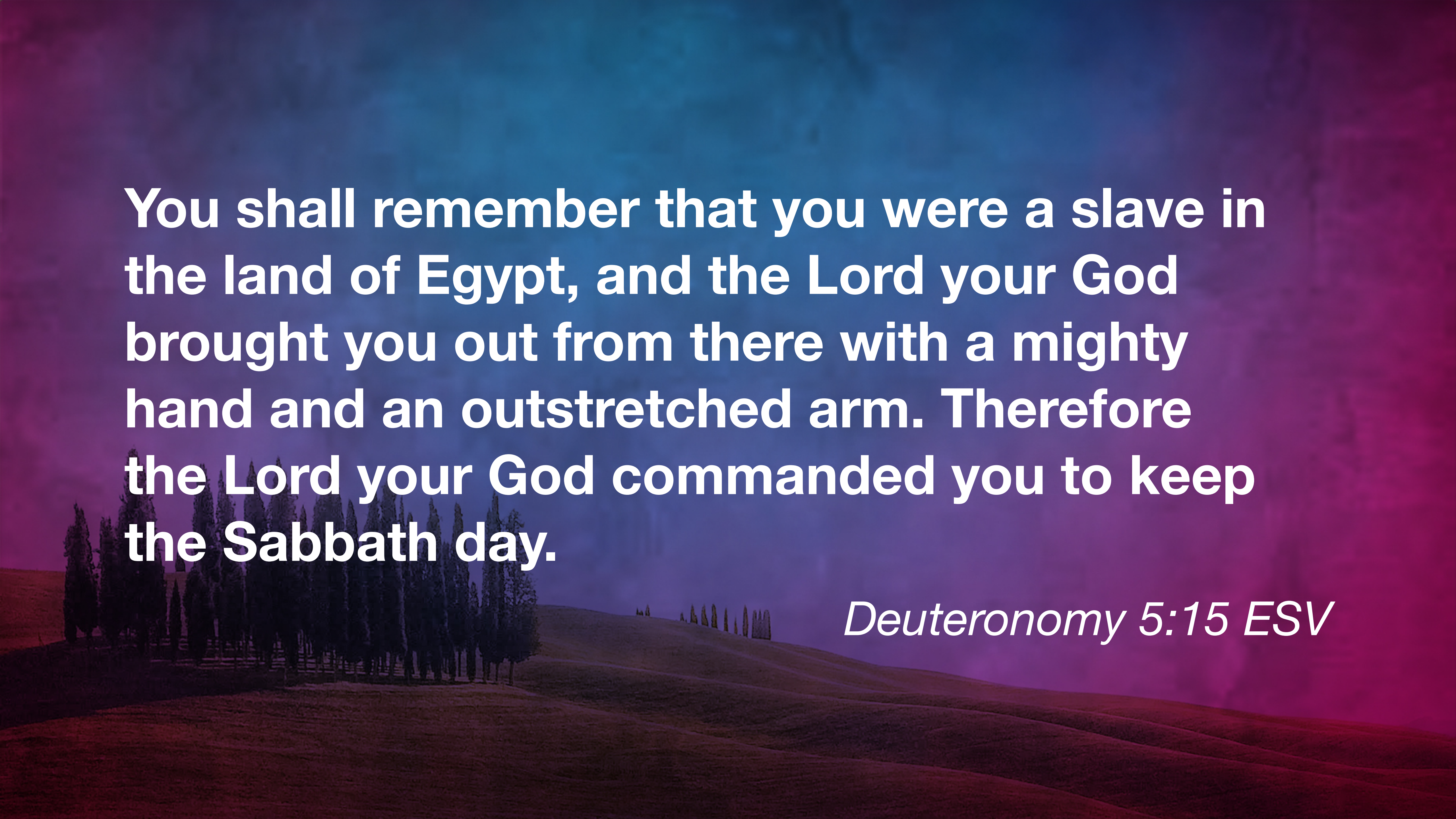
The background of the image is a landscape with rolling hills and a line of tall, thin trees. The sky is a mix of blue and purple, suggesting a sunset or sunrise. The text is overlaid on the upper part of the image.

**The noise of the modern world makes us deaf
to the voice of God, drowning out the one
input we need most.**

John Mark Comer
Ruthless Elimination of Hurry

For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 20:11 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 shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

Deuteronomy 5:15 ESV

3. Increase Your Margin

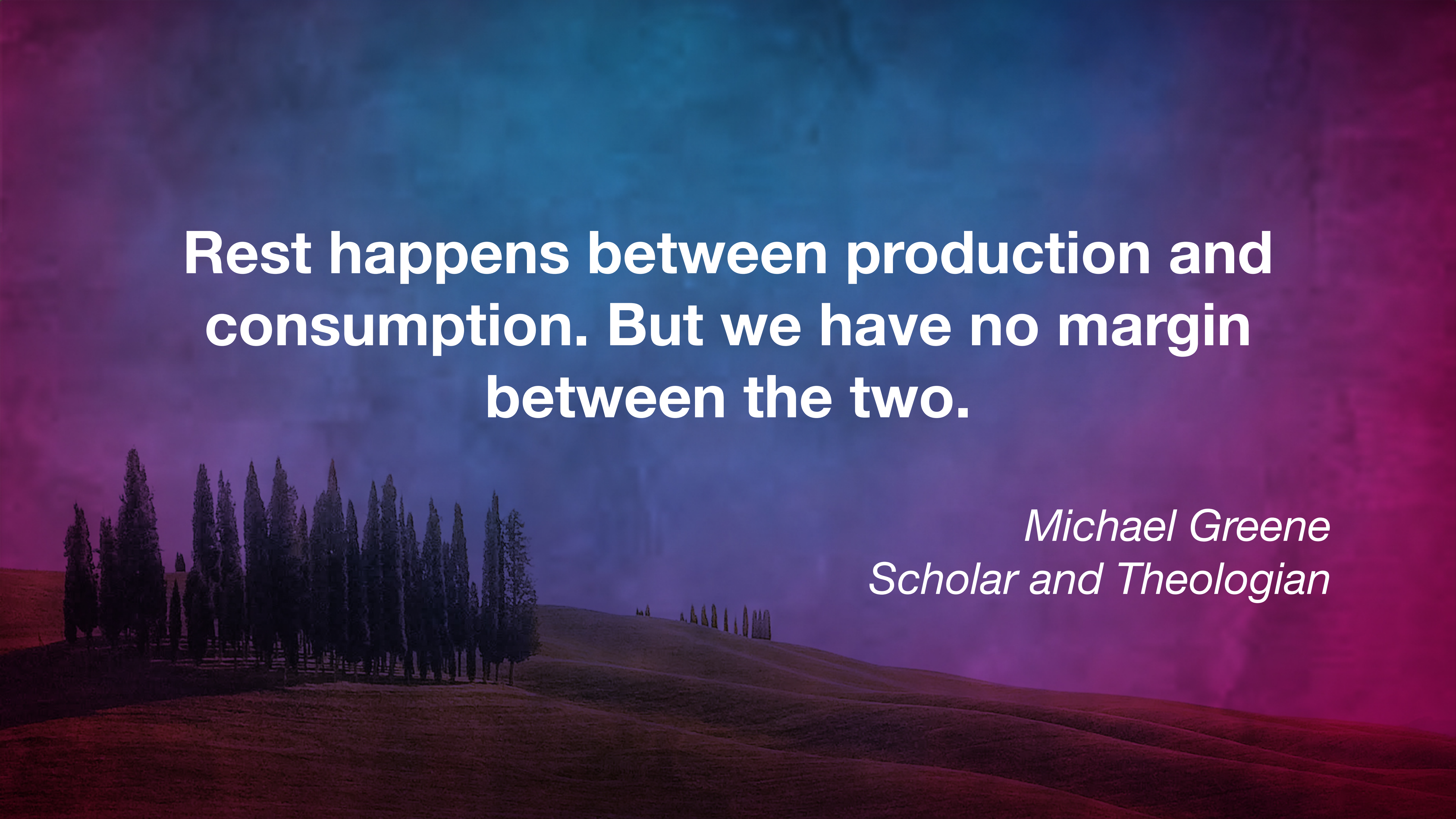
**But Jesus often withdrew to lonely places
and prayed.**

Luke 5:16 NIV



Rest happens between production and consumption. But we have no margin between the two.



The background of the slide is a landscape photograph. It features rolling hills in the foreground and middle ground, with a prominent line of tall, thin, dark trees (likely cypresses) on a ridge. The sky is a gradient of blue and purple, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

**Rest happens between production and
consumption. But we have no margin
between the two.**

*Michael Greene
Scholar and Theologian*

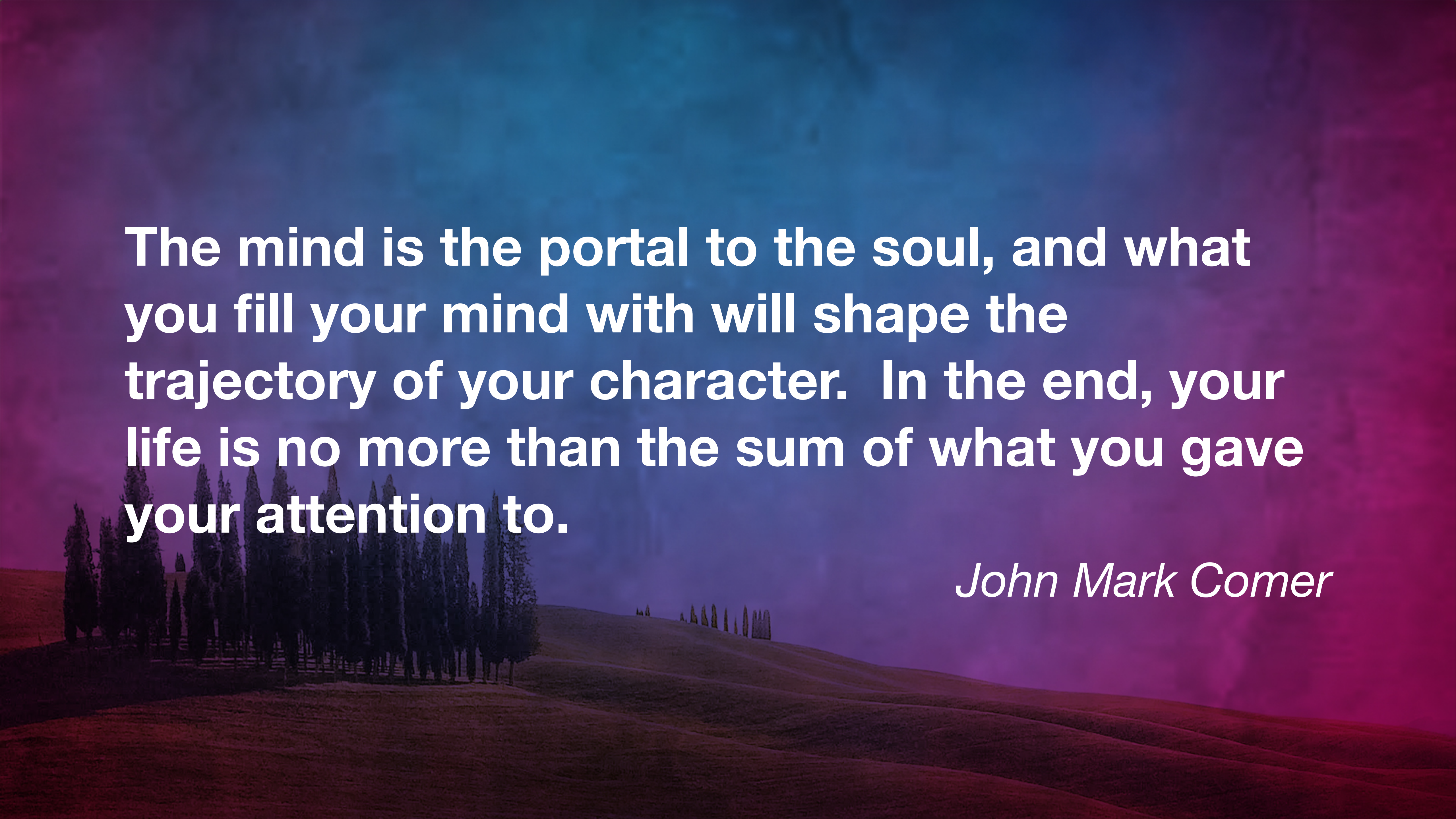
The background of the image is a landscape with rolling hills and a line of tall, thin trees. The sky is a deep blue, and the overall scene is somewhat dimly lit, suggesting a dusk or dawn setting. The text is overlaid on the upper portion of the image.

The greatest commodity we have is not our time or money – it's our attention. And the greatest threat to faith today is not hedonism, its distraction.

John Mark Comer

“You will not find rest, until you find rest in Christ. You will not find rest in Christ until you stop, pull out from the day and spend time with Him.”



The background of the image is a landscape with rolling hills and a line of tall, thin trees. The sky is a mix of blue and purple, suggesting a sunset or sunrise. The text is overlaid on the upper part of the image.

The mind is the portal to the soul, and what you fill your mind with will shape the trajectory of your character. In the end, your life is no more than the sum of what you gave your attention to.

John Mark Comer

Creating a **Rhythm** With **Rest** means:

- Follow the Pattern of Jesus Christ
- Follow Rhythm of Creation not Culture
- Increase Your Margin

