

## Growing Up: *Slowing Down*

(Various Texts)

### The Command to Rest (Exodus 20:8-11)

#### Sabbath

- שָׁבַת (Shabbath): to cease, rest
- God gave us this command for our benefit (Mark 2:27b)
- God command for us to rest is for two purposes:
  - Because we need to remember
  - Because we need to recharge
  - Because we need to recenter

#### Our Need to Remember

- Rest is recognizing that Jesus is our Savior
  - We rest in the work of Christ
    - On the Cross (Heb. 12:2)
    - In us now (Phil. 1:6)
    - In the future (See Heb. 4:8-10)

#### Our Need to Recharge

- Rest in God means relying on His strength (See Isa. 40:31)
- It is recognizing that He is our Sustainer
- It is admitting our limitedness
  - We are called to live by Christ's power in us (See Acts 1:4, 8)

#### Our Need to Recenter

- Rest in God means making Him the center of our lives
- Reaffirming that He is our Lord (See Matt. 6:24-34)
- We are seeking Him first

#### Reasons We Don't Rest

- Busyness is caused by laziness & pride
  - Laziness due to our lack of planning
  - Pride due to our lack of delegation

#### Rest as a Rhythm

- Not only do we need weekly times to remember, recharge, and recenter
- But we also need other sessions for this
  - Daily: In the Word & Prayer
  - Monthly: Retreats
  - Annually: Vacations
  - Sabbaticals: Extended time

#### So What?

- We need to slow down; so we can remember, recharge, and recenter

**Meditation Verse:** *Isaiah 30:15a*