

REST VS. LAZINESS

God differentiates between rest & laziness.

Proverbs 18:9 "A lazy person is as bad as a person who destroys things."

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."



REST

Rest is restorative.

LAZINESS

Laziness drains energy.

SOMETIMES WE THINK WE ARE RESTING WHEN IN REALITY WE ARE DRAINING OUR ENERGY.

When we are resting, our mind is observant.

When we are being lazy, our mind is distracted.

When we are resting, we feel secure. We trust that we will rise to the right task at the right time.

When we are lazy, we are insecure. We fear that we won't be up to the task; therefore, we avoid it altogether.

A LAZY PERSON SEEKS TO REST AS AN END GOAL IN ITSELF. BIBLICAL REST IS NOT DONE TO IDOLIZE PERSONAL RELAXATION, BUT TO RELAX SO ONE WILL BE BETTER EQUIPPED TO WORK FOR GOD.



Work was part of God's design for creation *before* the fall. God cursed the land *after* man sinned so that his work would be difficult, but work itself was never meant to be a curse.

As God redeems us through Jesus, he makes clear that we are now to work for him, "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them" Ephesians 2:10.

Rest is essential. Without resting in the Lord, the responsibilities of this life will crush us physically, mentally, emotionally, and every other way possible. Jesus himself rested in prayer and took time away from those he came to serve, for in his humanity he knew that to serve well one must respect God's design for humans in that we need rest after hard work.

But to withdraw from responsibility without seeking God is not following God's intent for "Sabbath" but to indulge in laziness. The heart behind the Sabbath command was not to just take a day off, "but the seventh day is a Sabbath to the LORD your God." When we rest, it should be a time dedicated "to the Lord your God" not just to time off.

REST IS NOT OUR PURPOSE, BUT A MEANS TO HELP US ACCOMPLISH OUR PURPOSE.

