

True Rest
Luke 6:1-5

“Why do you do what is not lawful on the Sabbath?” The Pharisees had created a system of checklists whereby one could know if they were **righteous** people. One of the most important set of laws to them was Sabbath Law. On the seventh day of the week, the Jews abided by laws like:

- (1). They couldn’t walk more than 2000 cubits - 3000 feet (a half a mile) - a “Shabbat journey.”
- (2). They couldn’t gather or ‘harvest’ food on the Sabbath or do any other form of ‘work.’
- (3). They couldn’t violate hundreds of other “Sabbath laws” they’d created to measure holiness. “He that reaps corn on the Sabbath is guilty; and plucking corn is reaping” - Mishna (oral law).

I. My desire to ‘control’ others is only a symptom of my lack of internal soul rest.

This is true of the Pharisees as well. When the soul isn’t at rest, the finger points at others. *Speak unto the children of Israel ‘My sabbaths you will keep: for they are a sign between Me and you; that you may know that I am the LORD that sanctifies you’* (Exodus 31:13). The Sabbath is a ‘type’ or ‘shadow’ of the reality of Jesus Christ and the ‘rest’ He brings. Once Christ came and fulfilled the Law (the Old Covenant types), these rituals all ceased. *“Christ is the culmination of the law for righteousness to those who believe”* (Rom. 10:4). In the NT we are strictly forbidden to keep any of those “carnal ordinances” (Heb. 9:10). *“Let no one judge you in what you eat or drink, or in respect of any holyday, or of the new moon, or the sabbath: Which are a shadow of things to come; but the body is of Christ”* (Col. 2:16-17).

II. True soul rest in Christ is pictured in the Old Covenant Sabbath laws.

My rest is not in keeping the Mosaic law, or the entering full obedience to any law, but enjoying my rest in Jesus Christ. **“Come unto me ... and I will give you rest”** Matt. 11:28. As Jesus is “Lord of the Sabbath” and rested on the seventh day of creation (Col. 1:16), so I am to rest in His work of creating within me a new heart. What does rest look like?

(A). I am free ... when I am at rest there is no bondage, no discomfort, no tightness.

Legalism is a noose that strangles the soul. God’s grace in Jesus Christ sets you free.

(B). I am fulfilled ... I am at rest I am in need of nothing. I have it all in Jesus Christ.

“We’ve been blessed with every spiritual blessing in the heavens in Christ” (Eph. 1:4).

(C). I am fearless ... there is no anxiety in me over death, no dread of condemnation, no sense of regret. I am at ease with God, relaxed in Christ, and at peace with myself.

III. The hardest work in my soul is looking to Jesus for satisfaction and not to others.

“Let us labor to enter into that rest” (Heb. 4:11). Why do you have to labor to enter into it?

(A). The religious people around me will tell me it is about my performance ...

I’ll be accused of being lawless when all I care about is loving Jesus and people.

(B). The flesh patterns within me will tell me it is all about my performance.

I will tend toward turning everything about my life, including my family, my church, my work, and my entire future into a set of rules that neglect intimacy with Christ.

(C). The world about me will mitigate against me finding true rest in Jesus.

The world will lie - “I’m happy without following Christ; happier doing it my way.”

Nope. True soul rest is only find in obedience to God? True rest is defined for us in Heb. 4:7-11. Hear My voice: “Rest in my Son!” I so desire today to rest in Jesus!