

# A Real Rest

No matter how much sleep you try to get, there seems to be a chasm that cannot be filled. Weary is an understatement in comparison to feeling that resonates in your soul. Let's try something. Let's confront Jesus about this need for restoration we need and ask Him for "A Real Rest"

**1) Read Luke 6:6-11; Matthew 6:6-13; Luke 7:11-15**

As we attempt to confront Jesus, we find him confronting others. Not only is He confronting people, He's doing it on the Sabbath in the synagogue. There seems to be no place that Jesus isn't willing to be confrontational. Do you remember a time when Jesus called you out? Pointed out something at an inopportune time? Tell us about it here at Message on social media using #MessageMag.

**2) Read Luke 6:6-11**

This confrontation seems to be rooted in what can and can't be done on the Sabbath. Jesus makes it a one-sided affair in posing a rhetorical question. Why was it such a big deal to help or heal someone on the Sabbath? Jesus could have avoided the situation by walking out or holding His peace, but obviously there was a point God wanted to show that day. Jesus shows doing good is keeping the Sabbath. How can doing anything for anyone else be a way to rest? Tell us your thoughts using #MessageMag.

**3) Read Luke 6:6-11; Leviticus 25:1-7; Genesis 2:1-3**

We know that the Creator finished His work, then rested on and blessed the seventh-day, making it holy. As such, this Sabbath thing is so much bigger than a day of the week. If we read Leviticus there is an element of trust that is necessary to keep the Sabbath. The people were asked to go a whole year of their life without putting any effort into providing for themselves. It's comparable to God asking you to quit your job at the end of every sixth year and not worry about rent, food, or utilities. Is it possible that you can "break" the Sabbath by not trusting God to take care of you? What do you

think? Share using **#MessageMag**.

**4) Read Deuteronomy 15:1-11**

If you've never read this before, or don't remember it don't feel bad. This relatively obscure passage is striking in comparison to today's prevailing mindset, and gives an inkling of God's practicality, and concern with the total person. No one who was His could be in debt for an extended amount of time. What if I told you that one of the best ways to keep the Sabbath—a profound rest in Him—is by making sure that none of your family is in debt? What if I told you that you honor the Sabbath by letting go of that debt they owe you? How does this make you look at Sabbath-keeping? I would love to hear from you personally if this resonates with you. Send me an e-mail at **pastorrburden@icloud.com**

**5) Read Luke 5:16; Luke 6:1-5**

From the passages we've read, you may be beginning to realize that the Sabbath is also a lifestyle in that you recognize you are God's steward. Therefore you rest so that you can be the best version of yourself for others. Therefore, I challenge anyone's spirituality that doesn't take some form of a vacation on a regular basis. Everything in this world that God has made has an ebb and flow. What is yours? Do you have a God given self-care plan? What do you do to make sure you're fit for heavenly use? Share using **#MessageMag**.

**6)** Sabbath-keeping is personified in this moment of Jesus bringing the rest He is to someone who's been restless. You can't just sleep and experience Sabbath in its fullness. You can't just have a self-care plan, devotion schedule, and attend church regularly. You must get what God has given you (Trust, Peace, Vigor, etc.) to someone who's been kept from resting. How will you do this? Pray about it and let us know what the Spirit brings to your mind. **#MessageMag**.

**7)** How do you know you've entered into "A Real Rest" that God has for you? Look at Chapter 26 of Leviticus. What you put into life you will get more out of it. Though calamity be all around you, it doesn't touch your family. Whatever you're inspired to do, prospers when you strike out and do it. You will defy the odds in many facets of your life. You'll have good health and God will walk with you.

Let this confrontation with Jesus inspire you to trust irrationally, give liberally, and believe vehemently. Why? Because that's what Sabbath keepers do.

**Call us if you find you have questions, want to talk, or want to pray with someone:  
1-855-463-2273, or, 1-855-God**

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