

Deep Dive FB Live
@MesuAndrews 5/25/22
Welcome to Deep Dive Wednesday!

Deep Dive Housekeeping:

- Link for study guides: <https://mesuandrews.com/deep-dive-wednesday-study-guides/>
- Please feel free to share with others!

Today is about DEFINING REST.

Hebrews 4:8-10 (WEB, *emphasis* added)

*8 For **if Joshua had given them rest**, he would not have spoken afterward of another day. 9 There **remains** therefore a **Sabbath rest** for the people of God. 10 For he who has entered into his rest has himself also rested from his **works, as God did** from His.”*

1. Old Testament provided no rest (Lam. 5:5).
2. Only in God do we find TRUE *holy* rest (Ex. 31:12-17).
3. Jesus is the difference between works and work. (Mt. 11:28-30).

Sabbath is:

- a sign to myself and others that I’m separate unto the Lord.
- important enough for serious consequence when ignored.
- worth celebrating and teaching to future generations.
- Refreshing to God Himself and vital to my refreshing—body, mind, and spirit.

True rest means yoking myself with God & learning from Him.

Steps to Effective Sabbath—Weekly and Perpetual:

1. Go to Jesus and *seek the rest He began at Creation!*
2. Share his *humble & gentle* yoke to join His work.
3. Open your heart to share His burden as He takes yours.