## This is the Day of Rest

#### Proverbs 3:5-6

Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.

#### Genesis 2:1-3

Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

#### Genesis 1

And God saw that it was good.

Genesis 1:4, 10, 12, 18, 21, 25

Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day.

Genesis 1:31

#### Genesis 6:8

But Noah found grace in the eyes of the Lord.

#### Exodus 17:6

Behold, I will stand before you there on the rock in Horeb; and you shall strike the rock, and water will come out of it, that the people may drink."

#### Numbers 20:7-12

Then the Lord spoke to Moses, saying, 8 "Take the rod; you and your brother Aaron gather the congregation together. Speak to the rock before their eyes, and it will yield its water; thus you shall bring water for them out of the rock, and give drink to the congregation and their animals...

#### Numbers 20:7-12

Then Moses lifted his hand and struck the rock twice with his rod; and water came out abundantly, and the congregation and their animals drank. Then the Lord spoke to Moses and Aaron, "Because you did not believe Me, to hallow Me in the eyes of the children of Israel, therefore you shall not bring this assembly into the land which I have given them."

#### Genesis 2:3

Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

#### Hebrews 4:9-10

There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His.

#### Hebrews 4:1-3

Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,'" although the works were finished from the foundation of the world.

#### Isaiah 30:15-16

For thus says the Lord God, the Holy One of Israel: "In returning and rest you shall be saved;

In quietness and confidence shall be your strength." But you would not,

And you said, "No, for we will flee on horses"— Therefore you shall flee! And, "We will ride on swift horses"

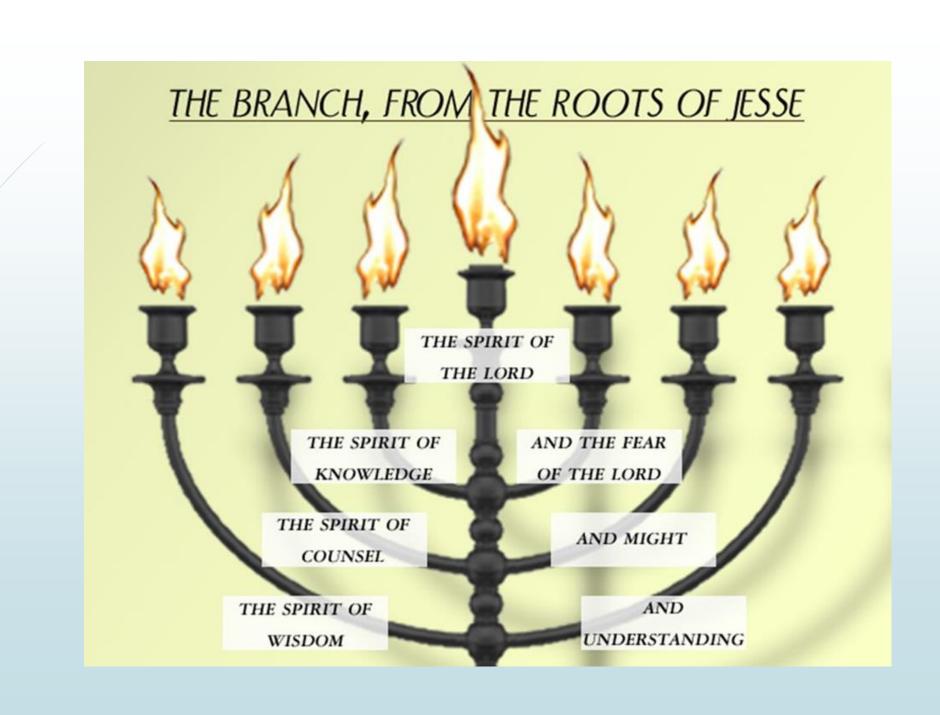
#### Isaiah 32:16-19

Then justice will dwell in the wilderness, and righteousness remain in the fruitful field.

The work of righteousness will be peace, and the effect of righteousness, quietness and assurance forever.

My people will dwell in a peaceful habitation, in secure dwellings, and in quiet resting places,

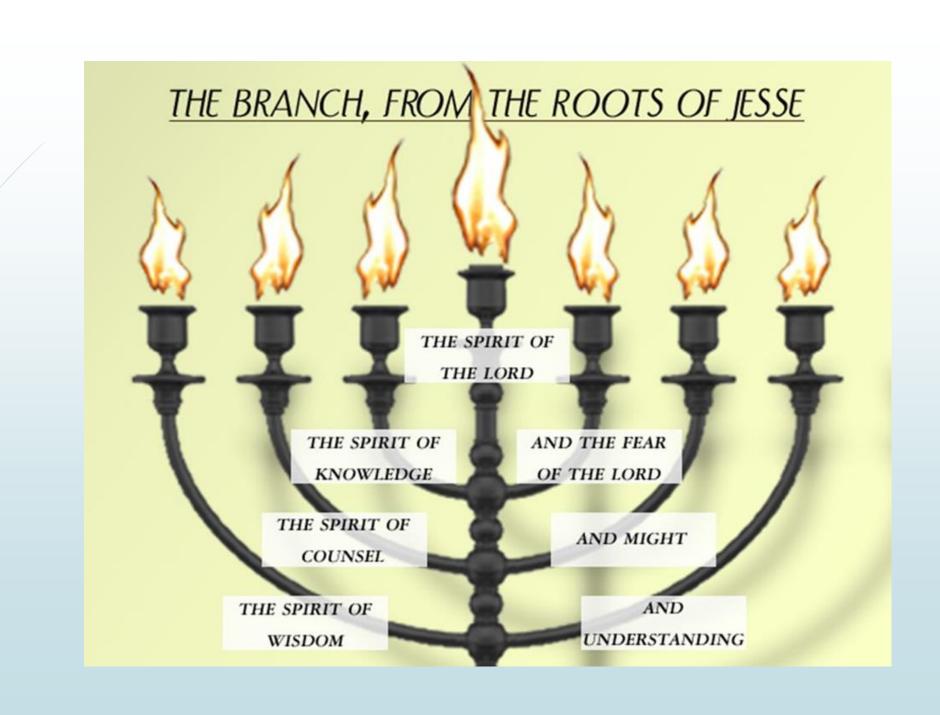
Though hail comes down on the forest, and the city is brought low in humiliation.



#### Isaiah 11:1-2

There shall come forth a Rod from the stem of Jesse, and a Branch shall grow out of his roots.

The Spirit of the Lord shall rest upon Him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and of the fear of the Lord.



#### Zechariah 4:2-7

2 And he said to me, "What do you see?" So I said, "I am looking, and there is a lampstand of solid gold ... Two olive trees are by it, one at the right of the bowl and the other at its left." ... "This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by My Spirit,' says the Lord of hosts. 7 'Who are you, O great mountain? Before Zerubbabel you shall become a plain! And he shall bring forth the capstone with shouts of "Grace, grace to it!" "



#### Zechariah 4:9-10

... For who has despised the day of small things?...

# Rest means plugging into the Power Source

He gives power to the weak, and to those who have no might He increases strength.

**Isaiah 40:29** 

...That He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man... Ephesians 3:16

#### Exodus 33:12-13

Then Moses said to the LORD, "See, You say to me, 'Bring up this people.' But You have not let me know whom You will send with me. Yet You have said, 'I know you by name, and you have also found grace in My sight.' "Now therefore, I pray, if I have found grace in Your sight, show me now Your way, that I may know You and that I may find grace in Your sight. And consider that this nation is Your people."

#### **Exodus 33:14**

And He said, "My Presence will go with you, and I will give you rest."

#### Exodus 33:16-17

So the LORD said to Moses, "I will also do this thing that you have spoken; for you have found grace in My sight, and I know you by name."

#### Matthew 26:36-39

... he began to be sorrowful and troubled. Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."

#### Matthew 26:40-43

And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." And again he came and found them sleeping, for their eyes were heavy.

#### Matthew 26:44-46

So, leaving them again, he went away and prayed for the third time, saying the same words again. Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, my betrayer is at hand."

### Jeremiah 9:24

But let him who glories glory in this, that he understands and knows Me, that I am the Lord, exercising lovingkindness, judgment, and righteousness in the earth. For in these I delight," says the Lord.

#### Colossians 1:10-11

...increasing in the knowledge of God; Strengthened with all might, according to His glorious power, for all patience and longsuffering with joy

#### 2 Peter 3:18

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever. Amen.