

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

July 29, 2014

Issue No. 155 Mark Aites, Editor

Rest

"It is no disgrace to rest a bit." – Gene Fowler

"Take rest; a field that has rested gives a bountiful crop." – Ovid

"You will soon break the bow if you keep it always stretched." – Phaedrus, *Fables*, Book III, fable 14

"Rest is the sweet sauce of labor." – Plutarch

"Men tire themselves in pursuit of rest." – Laurence Sterne

You need rest. As you age the demand will become even greater. There is no doubt that we are "fearfully and wonderfully made" (Psa. 139:14), but that doesn't stop the need for it. Getting tired is as normal as walking and talking. It is inevitable that eventually we have to sleep.

Even Jesus was subject to the frailties of human life. In Matt. 8:24, while in the boat, the Bible says that Jesus was asleep. He may have been fully God (Col. 2:9), but He was also fully man (Phil. 2:8). And we know that He encouraged His disciples to rest (Mark 6:31). God knows His creation well.

Our hectic and fast paced society today pushes us to our limits. Many folks take energy supplements just to get through their wild days. How many times have we ourselves gotten so weary at doing something, that when we finally rest and are refreshed, it is amazing how much better we think and function.

In truth, the Bible does say, with the creation complete, that God rested on the seventh day (Gen. 2:2-3). Is it that God was tired? No. We must remember that God is spirit (John 4:24). He does not sleep nor slumber (Psa. 121:3-4). The purpose of His rest was so that He could bless and hallow that seventh day of the week, which Israel then honored under the Old Covenant (Exod. 20:8-11).

There is another aspect to the thought of rest which is precious. It is looking at it in reference to the reward after this life. Jesus said, "I must work the works of Him who sent Me while it is day; the night is coming when no one can work" (John 9:4). The Hebrew writer beautifully adds, "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" (Heb. 4:9-10). "Then I heard a voice from heaven saying to me, "Write: 'Blessed are the dead who die in the Lord from now on.' 'Yes,' says the Spirit, 'that they may rest from their labors, and their works follow them'" (Rev. 14:13).