

## REST & REMEMBER

Deuteronomy 5:15 NIV – Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

### DESCRIPTION

Rest is very important to God. Even God rested on the seventh day after He finished all of His work. Through faith in Christ, God invites us to enter His rest because Jesus finished all of the work of our salvation and redemption.

The Israelites had been slaves in Egypt, subjugated and driven by harsh task-masters. But by the blood of the Passover lamb, God delivered them out of slavery. Their historical reality gives us a beautiful prophetic picture of how we were slaves to sin, to this world, and to the evil one. But now by the blood of Jesus, we have been set free.

God called the Israelites to rest as a way of remembering that His leadership is not like the slave-masters they had experienced in Egypt. In fact, He had rescued them from that kind of abuse.

Therefore, practicing Rest & Remember is about stopping to rest from our tasks in order to remember the ways that God has redeemed us and set us free from the bondage this world, from our own nature, and from the evil one.

### MEDITATION

Invite the Holy Spirit to speak to you and read the Deuteronomy passage above and the Additional Scriptures listed on the next page.

What stands out to you in these passages? How do these passages give you freedom for rest?

How have you viewed God as a harsh task-master? How is serving Him supposed to be different than this?

What else do you sense the Lord speaking to you?



### PURPOSE:

To enter into the rest that Jesus provides for our souls.

To recognize in our own lives how God has delivered us from the world, the flesh, and the devil.

To deepen our understanding of what Jesus has accomplished for us.

### SPIRITUAL FRUIT:

Deeper rest in Christ.

Greater trust in God.

Increased peace in our hearts.

Genuine thankfulness and joy for what God has done for us.

More recognition of the work of Jesus.

# PRAYER

Father, thank you sent Jesus to be my Passover Lamb who delivers me from the flesh, the world, and the devil. Help me to remember the ways that I was in bondage and the ways that you have rescued me and changed my heart since the day I first placed my faith in you. Fill me afresh with wonder at your mercy and grace. In Jesus' name, Amen.

# PRACTICE

1. Stop and rest (literally) from the demands of life including business, community, household, family, and even ministry or church-related duties. If needed, schedule a time.
2. Consider your life before Jesus (i.e. your way of life, behavior, trusts, addictions, the path your life was on, etc.) Use the following questions as a guide for reflection:
  - What or who were you enslaved to before Jesus entered your life? How has God rescued you from this?
  - In what ways are you different now than your former life? How has life with God changed you?
  - How has God delivered you from subjugation to evil? Addictions? Oppression? Demons?
  - How has God delivered you from over-working or the burden of providing, performing, or producing to take care of yourself?
  - How has God saved you from the need to be busy or task-driven to feel accomplished or useful?
  - How has God freed you from finding your legitimacy in your work or in your ability to meet certain standards?
3. Take time to praise God for His mercy and kindness towards you. Praise God that He is a kind and loving leader, not a harsh task-master. Thank God for your new life with Him.
  - Begin afresh and enter into the rest (physical and spiritual) that God has provided for us in Jesus. Trust Him to continue His work in your life.
  - Considering your answers to these questions, in what areas is God calling you a deeper level of rest, trust, deliverance, and freedom in Him?

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## ADDITIONAL SCRIPTURES:

Genesis 2:2

Hebrews 4:1-11

Romans 4:1-8

Matthew 11:28-30

Philippians 1:6

Psalms 127:1-2

Isaiah 55:1-3

Revelation 21:6

Mark 6:31-32

Psalms 23

Psalms 81

Matthew 25:24-25