

# Renewal: The Christian's Balance Between Work and Rest

## Message 1: Introductory Thoughts on the Subject of Rest

Matthew 11:28-30

Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

### Introductory Statements:

- **Matthew 11:28-30** describes not harnessing, in which only one is working; but yoking, in which two share the burden of the work.
- It's encouraging to know that Jesus Christ, the Almighty, the Infinite God, has invited us to join the labor with Him, and not to do the work alone!
- Christ, the All Powerful One, helps bear the weight of the yoke; and when we have no strength left, He can refresh and renew us to live for Him!

### Here Are Some Thoughts About Rest:

**I. Rest Is a Divine Command - Exodus 20:8-10:** "Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates."

### II. The Sabbath: The Command Defined

A. The Sabbath is a holy day of rest observed by the Jews and some Christian denominations on the seventh day of the week, and by most Christians on Sunday.

B. The Bible describes the Sabbath as a reminder of God's rest after the Creation (**Exodus 20:11**) and of the liberation from Egypt (**Deuteronomy 5:15**). The prohibition of work (**Deuteronomy 5:12-14**) is never fully explained in the Bible. Among the specific kinds of work prohibited are the kindling of fire (**Exodus 35:3**), plowing and harvesting (**Exodus 34:21**), and cooking (**Exodus 16:23**).

C. In the early days of Christianity, Sunday began to replace the Sabbath and to be observed to honor the resurrection of Christ. Sunday was instituted as a day of rest, consecrated especially to the service of God

### III. Rest Is Defined by a Divine Example

A. **Exodus 20:11:** "For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it." (**Exodus 20:8-11**)

B. **Genesis 2:1-3:** "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made."

#### IV. Rest is the Christian's Dire Need

A. The Sabbath day is called a "sabbath of rest" in six passages:

1. "Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD: whosoever doeth any work in the sabbath day, he shall surely be put to death." (**Exodus 31:15**)
2. "Six days shall work be done, but on the seventh day there shall be to you an holy day, a sabbath of rest to the LORD: whosoever doeth work therein shall be put to death." (**Exodus 35:2**)
3. "It shall be a sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever." (**Leviticus 16:31**)
4. "Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings." (**Leviticus 23:3**)
5. "It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath." (**Leviticus 23:32**)
6. "But in the seventh year shall be a sabbath of rest unto the land, a sabbath for the LORD: thou shalt neither sow thy field, nor prune thy vineyard." (**Leviticus 25:4**)

B. **Leviticus 25:4** commands Israel to give the land a sabbath rest; vv. 19-22 tell how God would bless them for it, and how they could manage during the year of rest: "And the land shall yield her fruit, and he shall eat your fill, and dwell therein in safety. And if ye shall say, What shall we eat the seventh year? behold, we shall not sow, nor gather in our increase: Then I will command my blessing upon you in the sixth year, and it shall bring forth fruit for three years. And ye shall sow the eighth year, and eat yet of old fruit until the ninth year; until her fruits come in ye shall eat of the old store."

C. **Exodus 16:11-30** tells about the provision of manna from heaven, and describes what happened when the people disobeyed God in gathering the manna on the sabbath day:

1. **Note God's gracious provision in response to the grumbling Israelites:** "And the LORD spake unto Moses, saying, I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the LORD your God. And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host. And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground. And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was."
2. **Note the sufficiency of the provision God made:** "And Moses said unto them, This is the bread which the LORD hath given you to eat. This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents. And the children of Israel did so, and gathered, some more, some less. And when they did mete it with an omer, he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating."

3. **Note the chastisement attached to abusing God's Divine provision:** "And Moses said, Let no man leave of it till the morning. Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them."

4. **Note the wisdom shown in gathering more for the day prior to the Sabbath so there would not have to be work done on the Sabbath:** "And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted. And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses. And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning. And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein. And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to day ye shall not find it in the field. Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none."

a. **We are encouraged to prepare ahead of time for the Sabbath in passages like Proverbs 6:6-8** - "Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest."

b. **We are also encouraged to prepare ahead of time for the Sabbath in Proverbs 10:4-5** - "He becometh poor that dealeth with a slack hand: but the hand of the diligent maketh rich. He that gathereth in summer is a wise son: but he that sleepeth in harvest is a son that causeth shame."

5. **Note the rebellion of Israel, and the eventual obedience God's chastisement produced:** "And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none. And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws? See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day. So the people rested on the seventh day."

6. In short, **wise people provide for the day when there will be no work, so they can actually rest on the Sabbath day.** (Note: Some work MUST be done on the Sabbath; but provision must be made to do as little work as possible)

7. **Jesus Christ took a Sabbath now and then:**

a. "And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught. And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. And they departed into a desert place by ship privately." (**Mark 6:30-32**)

b. "And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals. But Jesus said unto them, They need not depart; give ye them to eat. And they say unto him, We have here but five loaves, and two fishes. He said, Bring them hither to me. And he commanded the multitude to sit down on the grass, and took the five loaves, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude. And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full. And they that had eaten were about five thousand men, beside

women and children. And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away. And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone." (**Matthew 14:15-23**) Christ was hastily embalmed and placed in the tomb before sunset on Good Friday, because the Sabbath still needed to be observed, in spite of the importance of His burial: **Mark 15:42-47** - "And now when the even was come, because it was the preparation, that is, the day before the sabbath, Joseph of Arimathaea, and honourable counsellor, which also waited for the kingdom of God, came, and went in boldly unto Pilate, and craved the body of Jesus. And Pilate marvelled if he were already dead: and calling unto him the centurion, he asked him whether he had been any while dead. And when he knew it of the centurion, he gave the body to Joseph. And he bought fine linen, and took him down, and wrapped him in the linen, and laid him in a sepulchre which was hewn out of a rock, and rolled a stone unto the door of the sepulchre. And Mary Magdalene and Mary the mother of Joses beheld where he was laid."

c. **"The Preparation" was a recognized and observed portion of the Jewish pre-Sabbath routine:** "DAY BEFORE THE SABBATH - (he paraskeue, "preparation"): Considered as a day of preparation, in accordance with **Exodus 16:23**, both before the regular Sabbath and before a feast Sabbath (**Matthew 27:62; Mark 15:42; Luke 23:54; John 19:14,31,42**). At 3 p.m., the Hebrews began to prepare their food for the next day, and to perform all labors which were forbidden to be done on the Sabbath and yet must be done. They bathed and purified themselves, dressed in festive apparel, set their tables, and lighted their lamps. On the day before Easter, the Hebrews of the later period made it their chief business to remove all leaven from the house (**1 Corinthians 5:7**). This custom of converting at least a portion of the day before the Sabbath into a holy day was recognized by the Romans to such an extent that, according to a rescript of Augustus, Jews need not appear in court after 3 p.m. on such days. Criminal cases were not brought before court on this day, and journeys exceeding 12 Roman miles were prohibited. The signal for the preparations was given by the priests by means of trumpets blown six times at intervals." (International Standard Bible Encyclopaedia, Electronic Database)

d. In application to our own lives, we, too, ought to make a preparation for our Sabbaths, getting work done on our work days so we don't have to do it on our days or in our moments of rest.

#### **Concluding Remarks for Rest, Part I:**

- It's plain from the Scriptures that a Sabbath, a "day of rest," is mandatory, not just by God's DIVINE COMMAND, and not just by the DIVINE EXAMPLE given us by God, but because of man's DIRE NEED for rest. Yet there's also a need to work; the Christian's challenge and responsibility is to have a balanced approach to working and resting. So ...

#### **V. Christians have a Desperate Situation: Our Rest is Being Denied.**

A. We need to do the Lord's work. But we need to do the Lord's work efficiently and with a good spirit. And this is where rest comes in.

B. Christians need to strike a balance in their lives between work and rest. There are some great reasons and benefits in balancing work and rest.

# Renewal: The Christian's Balance Between Work and Rest

## Message 2: Balance is Needed Between the Christian's Career, Work, Service, and Personal Life

There are some great reasons and benefits in balancing work and rest.

### I. Personal Thoughts

#### A. Some people say, "I'd rather burn out than fizzle out."

1. But what do you do with a burned out car motor? Overhaul it from the inside out.
2. What do you do with a burned out light bulb? You throw it away and replace it with a new one.
3. THIS IS WHAT CAN HAPPEN TO A CHRISTIAN WHO DOESN'T HAVE THE BALANCE NECESSARY TO KEEP HIMSELF In CHECK!

#### B. Rather, you should approach the Christian life with this attitude: "I want God to get the most mileage out of me possible."

1. Be a faithful steward of the property God has loaned you: **Matthew 25:14-30** - "For the kingdom of heaven is as a man travelling into a far country, who called his own servants, and delivered unto them his goods. And unto one he gave five talents, to another two, and to another one; to every man according to his several ability; and straightway took his journey. Then he that had received the five talents went and traded with the same, and made them other five talents. And likewise he that had received two, he also gained other two. But he that had received one went and digged in the earth, and hid his lord's money. After a long time the lord of those servants cometh, and reckoneth with them. And so he that had received five talents came and brought other five talents, saying, Lord, thou deliveredst unto me five talents: behold, I have gained beside them five talents more. His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord. He also that had received two talents came and said, Lord, thou deliveredst unto me two talents: behold, I have gained two other talents beside them. His lord said unto him, Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord. Then he which had received the one talent came and said, Lord, I knew thee that thou art an hard man, reaping where thou hast not sown, and gathering where thou hast not strowed: And I was afraid, and went and hid thy talent in the earth: lo, there thou hast that is thine. His lord answered and said unto him, Thou wicked and slothful servant, thou knewest that I reap where I sowed not, and gather where I have not strowed: Thou oughtest therefore to have put my money to the exchangers, and then at my coming I should have received mine own with usury. Take therefore the talent from him, and give it unto him which hath ten talents. For unto every one that hath shall be given, and he shall have abundance: but from him that hath not shall be taken away even that which he hath. And cast ye the unprofitable servant into outer darkness: there shall be weeping and gnashing of teeth."
2. **1 Corinthians 10:31** - "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."
3. God can't shine through a burned-out bulb, nor can He drive you when you have a burned-out motor!

**II. Passage: Ecclesiastes 7:15-18** - "All things have I seen in the days of my vanity: there is a just man that perisheth in his righteousness, and there is a wicked man that prolongeth his life in his wickedness. Be not righteous over much ['over much' is one word in the Hebrew, with the meaning being 'in abundance']; neither make thyself over ['over' here means 'over and above' or 'redundantly'] wise: why shouldest thou destroy thyself? Be not over much wicked, neither be thou

foolish: why shouldst thou die before thy time? It is good that thou shouldst take hold of this; yea, also from this withdraw not thine hand: for he that feareth God shall come forth of them all."

A. "Wisdom will be of use both for caution to the saints in their way, and for a check in sinners in their way." "Be not righteous over much; neither make thyself over wise: why shouldst thou destroy thyself?" (The following quote is from the Matthew Henry commentary)

1. **"Be not righteous over much."** "As to saints, it will engage them to proceed and persevere in their righteousness, and yet will be an admonition to them to take heed of running into extremes: A just man may perish in his righteousness, but let him not, by his own imprudence and rash zeal, pull trouble upon his own head, and then reflect upon Providence as dealing hardly with him. . . . In the acts of righteousness govern thyself by the rules of prudence, and be not transported, no, not by a zeal for God, into any intemperate heats or passions, or any practices unbecoming thy character or dangerous to thy interests.

a. "There may be over-doing in well-doing. Self-denial and mortification of the flesh are good; but if we prejudice our health by them, and unfit ourselves for the service of God, we are righteous overmuch.

b. "To reprove those that offend is good, but to cast that pearl before swine, who will turn again and rend us, is to be righteous overmuch.

2. **"Neither be thou over wise."**

a. "Be not opinionative, and conceited of thy own abilities.

b. Set not up for a dictator, nor pretend to give law to, and give judgment upon, all about thee.

c. Set not up for a critic, to find fault with every thing that is said and done, nor busy thyself in other men's matters, as if thou knewest every thing and couldst do any thing."

3. **"Why shouldst thou destroy thyself,"** "as fools often do by meddling with strife that belongs not to them? Why shouldst thou provoke authority, and run thyself into the briars, by needless contradictions, and by going out of thy sphere to correct what is amiss? Be wise as serpents; beware of men."

B. The second half of verse 17 can have application both to the lost and to the saved:

1. Matthew Henry's application to the lost:

a. **"Be not over much wicked."** "Let none say that therefore they may safely be as wicked as they will; no, be not overmuch wicked (v. 17); do not run to an excess of riot. Many that will not be wrought upon by the fear of God, and a dread of the torments of hell, to avoid all sin, will yet, if they have ever so little consideration, avoid those sins that ruin their health and estate, and expose them to public justice.

b. **"Neither be thou foolish."** "The magistrate bears not the sword in vain, has a quick eye and a heavy hand, and is a terror to evil-doers; therefore be afraid of coming within his reach, be not so foolish as to lay thyself open to the law, why shouldst thou die before thy time?" Solomon, in these two cautions, had probably a special regard to some of his own subjects that were disaffected to his government and were meditating the revolt which they made immediately after his death. Some, it may be, quarrelled with the sins of their governor, and made them their pretence; to them he says, Be not righteous overmuch. Others were weary of the strictness of the government, and the temple-service, and that made them desirous to set up another king . . .

c. **"Why shouldst thou die before thy time?"** "He frightens both from their seditious

practices with the sword of justice, and others likewise from meddling with those that were given to change.”

2. Some Scriptural applications to the Christian:

a. **“Be not over much wicked.”**

1) Keep a bridle on your tongue, lest you should speak wickedly: **Proverbs 10:19-21** - “In the multitude of words there wanteth not sin: but he that refraineth his lips is wise. The tongue of the just is as choice silver: the heart of the wicked is little worth. The lips of the righteous feed many: but fools die for want of wisdom.”

2) Keep a reign on your life, and make sure it glorifies God . . .

A) So you don't give the enemies of God occasion to blaspheme: **2 Samuel 12:7-14** - “And Nathan said to David, Thou art the man. Thus saith the LORD God of Israel, I anointed thee king over Israel, and I delivered thee out of the hand of Saul; And I gave thee thy master's house, and thy master's wives into thy bosom, and gave thee the house of Israel and of Judah; and if that had been too little, I would moreover have given unto thee such and such things. Wherefore hast thou despised the commandment of the LORD, to do evil in his sight? thou hast killed Uriah the Hittite with the sword, and hast taken his wife to be thy wife, and hast slain him with the sword of the children of Ammon. Now therefore the sword shall never depart from thine house; because thou hast despised me, and hast taken the wife of Uriah the Hittite to be thy wife. Thus saith the LORD, Behold, I will raise up evil against thee out of thine own house, and I will take thy wives before thine eyes, and give them unto thy neighbour, and he shall lie with thy wives in the sight of this sun. For thou didst it secretly: but I will do this thing before all Israel, and before the sun. And David said unto Nathan, I have sinned against the LORD. And Nathan said unto David, The LORD also hath put away thy sin; thou shalt not die. Howbeit, because by this deed thou hast given great occasion to the enemies of the LORD to blaspheme, the child also that is born unto thee shall surely die.”

B) And so others may see your good works and glorify God in the day of visitation: **1 Peter 2:11-12** - “Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul; Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may by your good works, which they shall behold, glorify God in the day of visitation [‘visitation’ means ‘inspection, superintendance, a visitation whether in mercy (**Luke 19:42-44** - .’][Christ referring to Jerusalem:] If thou hadst known, even thou, at least in this thy day, the things which belong unto thy peace! but now they are hid from thine eyes. For the days shall come upon thee, that thine enemies shall cast a trench about thee, and compass thee round, and keep thee in on every side, And shall lay thee even with the ground, and thy children within thee; and they shall not leave in thee one stone upon another; because thou knewest not the time of thy visitation.”) or in judgment (**1 Peter 2:11-12**).”

b. **“Neither be thou foolish.”**

1) Avoid wickedness, and especially unnecessary joking: **Ephesians 5:3-4** - “But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks.”

2) Avoid corrupt, foolish communication: **Ephesians 4:29** - "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."

c. **"Why shouldest thou die before thy time?" 1 Corinthians 11:27-32** - "Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. For this cause many are weak and sickly among you, and many sleep. For if we would judge ourselves, we should not be judged. But when we are judged, we are chastened of the Lord, that we should not be condemned with the world."

### III. Principles:

#### A. You Need To Work

1. It's wise to work, because it's the only way to enduring prosperity: **Proverbs 13:11** - "Wealth gotten by vanity shall be diminished: but he that gathereth by labour shall increase."
2. Work is natural, self-motivating and healthy.
3. Work is honest.

#### B. You Need To Rest

1. It's wise to rest, because it's the only way to enduring health: **Psalms 127:1-2** - "Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep."
2. Rest is natural, self-motivating and healthy.
3. It's a great way to keep yourself in the right frame of mind to continue serving the Lord.

#### C. You Need To Strike a Balance

1. Work enough, but not too much.
2. Rest enough, but not too much - **Proverbs 6:6-15**.
  - a. **Vv. 6-8** show the Blessings of Ingenuity - "Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest."
  - b. **Vv. 9-11** show the Poverty of the Unmotivated, Lazy Sluggard - "How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth, and thy want as an armed man."
  - c. **Vv. 12-15** show the Downfall of the Sluggard; in his idleness, his heart is filled with all kinds of sin and iniquity; Remember the lesson: "Idleness is the devil's workshop" - "A naughty person, a wicked man, walketh with a froward mouth. He winketh with his eyes, he speaketh with his feet, he teacheth with his fingers; Frowardness is in his heart, he deviseth mischief continually; he soweth discord. Therefore shall his calamity come suddenly; suddenly shall he be broken without

remedy.”

3. **Ecclesiastes 3:1** - "To every thing there is a season, and a time to every purpose under the heaven."

#### **IV. Application**

- A. **It's not a sin to rest . . . unless you rest too much.**
- B. **It's not a sin to work . . . unless you work too much.**
- C. **Balance isn't giving everything equal attention; it's giving attention to what's most needed in your life, and prioritizing the rest in its own order of importance.** (e.g.: I need 7 to 7 1/2 hours of sleep to function well; I call this enabling rest, rest that enables me to serve God at best efficiency; I shoot for that amount every time I sleep; if I lose sleep, It's usually because there's something more important to do at the moment; this is where I make a judgment call about my priorities and what's important to me at the moment; but I NEED to set priorities on my time and my life.)

# Renewal: The Christian's Balance Between Work and Rest

## Message 3: Final Thoughts on the Subject of Rest

### Thoughts About Rest:

#### I. The saved should work before it's too late, while there's opportunity to work.

A. **John 9:4-5** - "I must work the works of him that sent me, while it is day: the night cometh, when no man can work. As long as I am in the world, I am the light of the world [that is, as long as Christ is proclaimed, as long as His Spirit works in this world, we need to do His work!]."

B. **John 3:19-21** - "And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil. For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reproved. But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God."

C. **John 12:35** - "Yet a little while is the light with you. Walk while ye have the light, lest darkness come upon you: for he that walketh in darkness knoweth not whither he goeth."

D. **Romans 13:11-14** - "And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof."

#### II. Jesus Christ makes endless intercession for the saints:

A. **Romans 6:9-10** - "Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him. For in that he died, he died unto sin once: but in that he liveth, he liveth unto God."

B. **Hebrews 7:23-28** - "And they truly were many priests, because they were not suffered to continue by reason of death: But this man, because he continueth ever, hath an unchangeable priesthood. Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them. For such an high priest became us, who is holy, harmless, undefiled, separate from sinners, and made higher than the heavens; Who needeth not daily, as those high priests, to offer up sacrifice, first for his own sins, and then for the people's: for this he did once, when he offered up himself. For the law maketh men high priests which have infirmity; but the word of the oath, which was since the law, maketh the Son, who is consecrated for evermore."

#### III. The angels give endless worship, adoration and praise to God.

A. **Isaiah 6:1-3** - "[Isaiah] saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple. Above it stood the seraphims: each one had six wings; with twain he covered his face, and with twain he covered his feet, and with twain he did fly. And one cried unto another, and said, Holy, holy, holy, is the LORD of hosts: the whole earth is full of his glory."

B. **Revelation 4:8** - "And the four beasts had each of them six wings about him; and they were full of eyes within: and they rest not day and night, saying, Holy, holy, holy, Lord God Almighty, which was, and is, and is to come."

#### IV. Satan and his demons work endlessly to try and thwart God's plans - but THEY WILL NEVER SUCCEED.

A. **Job 1:6-9** - "There was a day when the sons of God came to present themselves before the LORD, and Satan came also among them. And the LORD said unto Satan, Whence comest thou? Then Satan answered the LORD, and said, From going to and fro in the earth, and from walking up and down in it. And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that

feareth God, and escheweth evil? Then Satan answered the LORD, and said, Doth Job fear God for nought?"

B. **Job 2:1-5** - "Again there was a day when the sons of God came to present themselves before the LORD, and Satan came also among them to present himself before the LORD. And the LORD said unto Satan, From whence comest thou? And Satan answered the LORD, and said, From going to and fro in the earth, and from walking up and down in it. And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause. And Satan answered the LORD, and said, Skin for skin, yea, all that a man hath will he give for his life. But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face."

C. **Revelation 20:1-3; 7-15** - "And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand. And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years, And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that he must be loosed a little season. And when the thousand years are expired, Satan shall be loosed out of his prison, And shall go out to deceive the nations which are in the four quarters of the earth, Gog and Magog, to gather them together to battle: the number of whom is as the sand of the sea. And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them. And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever. And I saw a great white throne, and him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them. And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works. And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were judged every man according to their works. And death and hell were cast into the lake of fire. This is the second death. And whosoever was not found written in the book of life was cast into the lake of fire."

#### V. The lost have no rest for ever and ever in Hell.

A. **Luke 16:19-31** - "There was a certain rich man, which was clothed in purple and fine linen, and fared sumptuously every day: And there was a certain beggar named Lazarus, which was laid at his gate, full of sores, And desiring to be fed with the crumbs which fell from the rich man's table: moreover the dogs came and licked his sores. And it came to pass, that the beggar died, and was carried by the angels into Abraham's bosom: the rich man also died, and was buried; And in hell he lift up his eyes, being in torments, and seeth Abraham afar off, and Lazarus in his bosom. And he cried and said, Father Abraham, have mercy on me, and send Lazarus, that he may dip the tip of his finger in water, and cool my tongue; for I am tormented in this flame. But Abraham said, Son, remember that thou in thy lifetime receivedst thy good things, and likewise Lazarus evil things: but now he is comforted, and thou art tormented. And beside all this, between us and you there is a great gulf fixed: so that they which would pass from hence to you cannot; neither can they pass to us, that would come from thence. Then he said, I pray thee therefore, father, that thou wouldest send him to my father's house: For I have five brethren; that he may testify unto them, lest they also come into this place of torment. Abraham saith unto him, They have Moses and the prophets; let them hear them. And he said, Nay, father Abraham: but if one went unto them from the dead, they will repent. And he said unto him, If they hear not Moses and the prophets, neither will they be persuaded, though one rose from the dead."

B. **Revelation 14:9-11** - "If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name."

**Concluding Remarks:**

- Even with all this need for a balance between rest and work, we are responsible to grow in Him!
- We need to avoid the comfort zone of doing just enough to get by on this spiritual plane of our lives. We need to be responsible and balanced in our approach to balance! We need to be stewards of what God's given us in this arena. We need to be willing to stretch our boundaries and broaden our horizons; we need to be equipping ourselves for a greater level of service. And we need to challenge ourselves to greater spiritual growth.
- **1 Corinthians 11:31-32** says this: "For if we would judge ourselves, we should not be judged. But when we are judged, we are chastened of the Lord, that we should not be condemned with the world;" 1 Peter 4:17 tells us, "For the time is come that judgment must begin at the house of God." We will not be judged in wrath along with the world, because we are children of God, and He's already satisfied His wrath against us in His Son. Yet we want to avoid chastisement. We want to discern what we need to do in order to grow and go to the next level in our lives, and we want to do that on our own initiative, without a shove from God to do it.
- Work, for the night is coming . . . when man works no more!
- Work while there's light and opportunity, but when the sun goes down, rest!
- Take a break now and then; snatch a sabbath now and then; but NEVER let the work of God go undone because you are too busy or lazy to do it!
- Rest will be the great deciding factor in our lives. If we can give our body and mind adequate rest, and give our spirit adequate refreshment at the Spring of Living Water on a regular basis through prayer, praise, worship and adoration, we will be motivated and equipped - as well as the key to it all: ENERGIZED - to do God's work with maximum energy, effort, efficiency and effectiveness!

