

A campfire is burning in the background, with flames and smoke rising. In the foreground, a dark-colored metal mug with a handle is positioned on a wooden surface, with a small amount of liquid visible inside. The background shows a hilly landscape with trees and a sunset or sunrise sky.

HABITS OF A HEALTHY DISCIPLE

SESSION 5 REST



October 22, 2025

A photograph of a sunset over a forest. The sky is a warm orange and yellow, with silhouettes of trees and hills in the background. In the foreground, a campfire is visible, with a large metal mug resting on a wooden surface to its left.

HABIT #5: REST

REST

I. GOD CREATED REST

[1] Thus the heavens and the earth were finished, and all the host of them. [2]
And on the seventh day God finished his work that he had done, and he rested
on the seventh day from all his work that he had done. [3] So God blessed the
seventh day and made it holy, because on it God rested from all his work that
he had done in creation.

Genesis 2:1–3

REST

I. GOD CREATED REST

- God intentionally SET APART a day for rest.

REST

I. GOD CREATED REST

- God intentionally SET APART a day for rest.
- Rest is ESTABLISHED before the FALL.

REST

II. SIN DISTORTS REST



REST

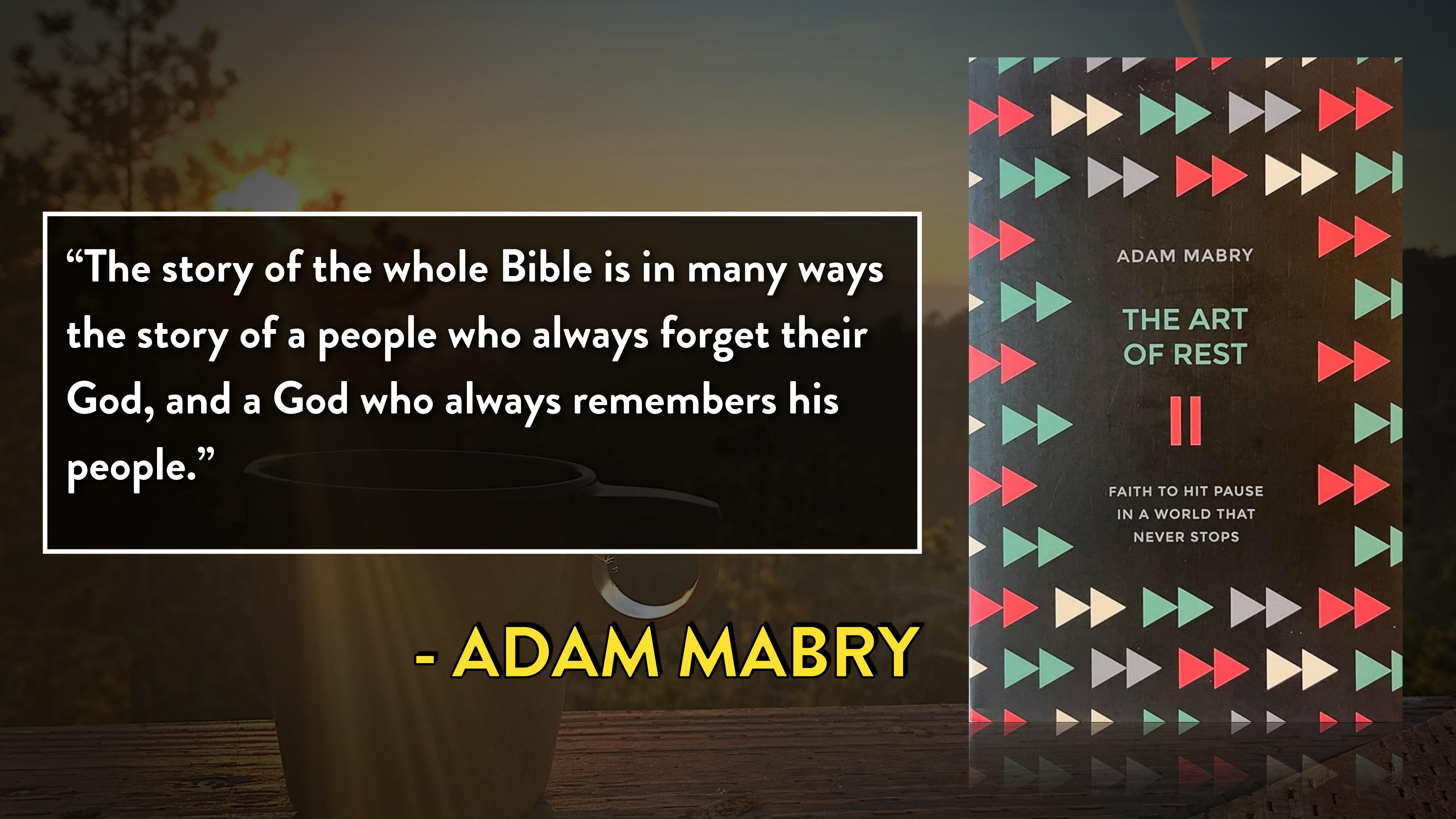
II. SIN DISTORTS REST

- Our restlessness is a SIN.

REST

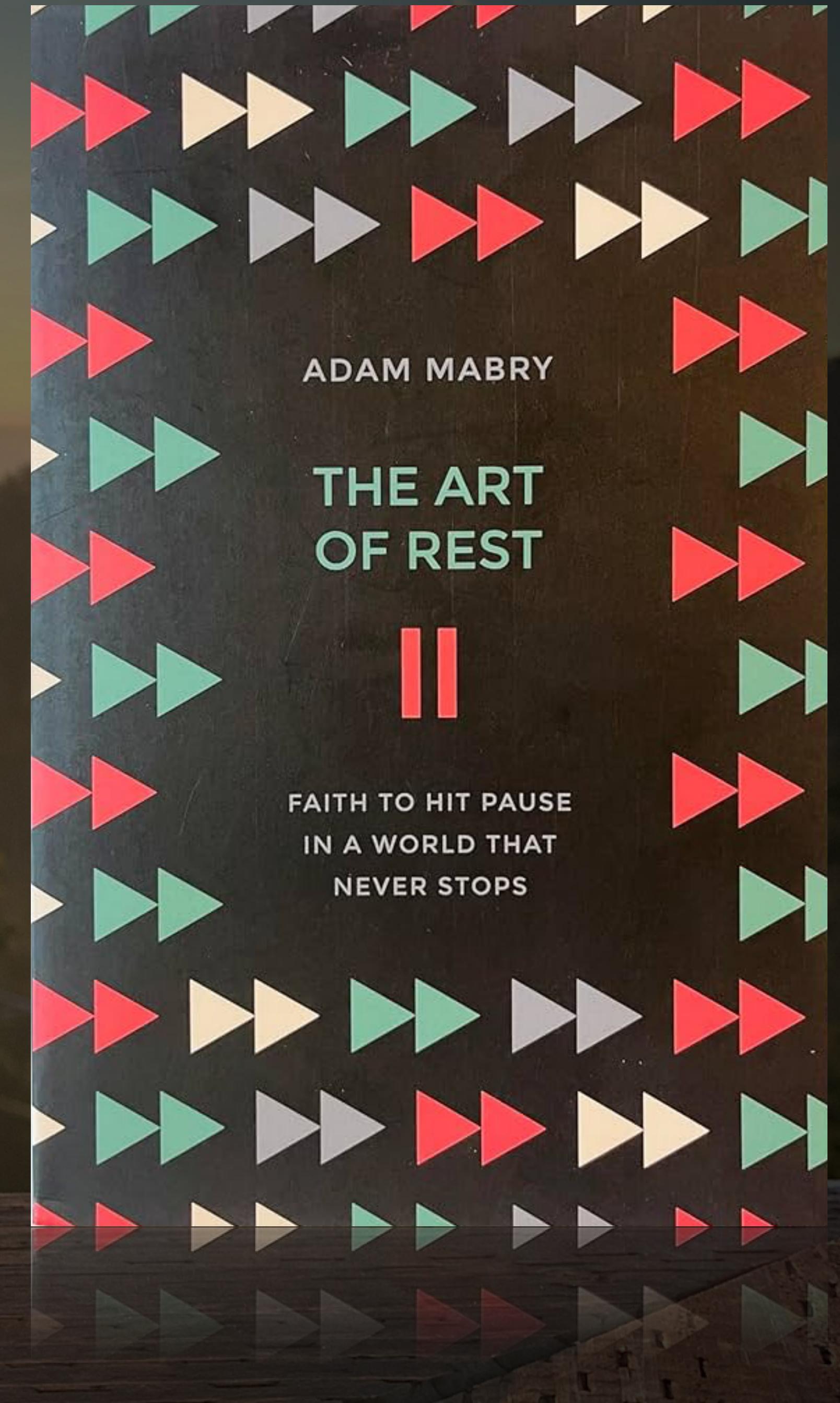
II. SIN DISTORTS REST

- Our restlessness is a SIN.
- God's LAW EXPOSES sin.



“The story of the whole Bible is in many ways the story of a people who always forget their God, and a God who always remembers his people.”

- ADAM MABRY



[8] “Remember the Sabbath day, to keep it holy. [9] Six days you shall labor, and do all your work, [10] but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. [11] For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:8-11

REST

II. SIN DISTORTS REST

- Our restlessness is a SIN.
- God's LAW EXPOSES sin.
- In our culture WORK and BUSINESS are idols.

REST

III. JESUS IS OUR ULTIMATE REST.

REST

III. JESUS IS OUR ULTIMATE REST.

- Our PHYSICAL rest problem stems from a SPIRITUAL rest problem.

REST

III. JESUS IS OUR ULTIMATE REST.

- Our PHYSICAL rest problem stems from a SPIRITUAL rest problem.
- We will NEVER DO enough to achieve rest.

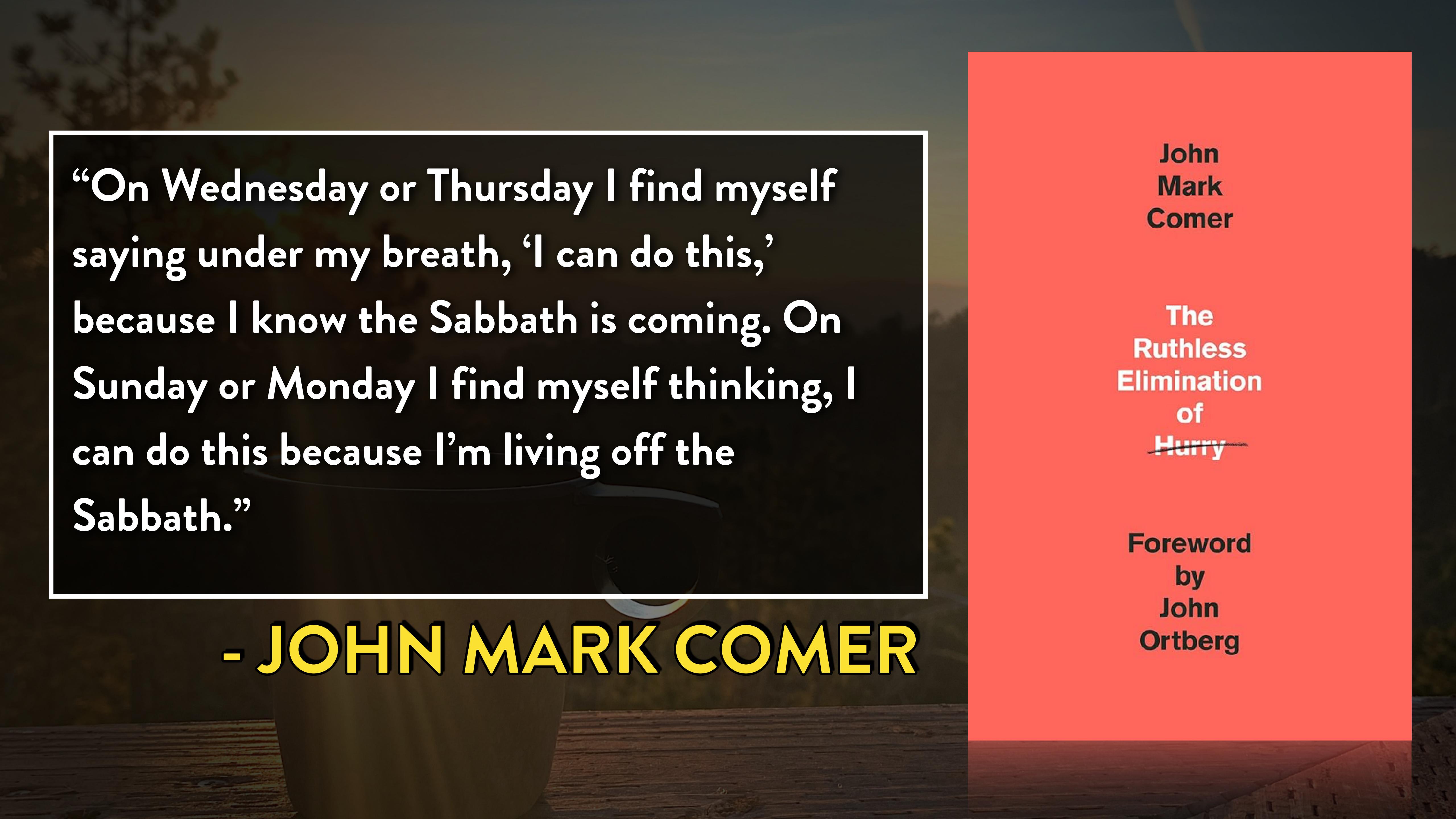
REST

III. JESUS IS OUR ULTIMATE REST.

- Our PHYSICAL rest problem stems from a SPIRITUAL rest problem.
- We will NEVER DO enough to achieve rest.
- We WORK out of the REST we have in Christ.







“On Wednesday or Thursday I find myself saying under my breath, ‘I can do this,’ because I know the Sabbath is coming. On Sunday or Monday I find myself thinking, I can do this because I’m living off the Sabbath.”

- JOHN MARK COMER

John
Mark
Comer

The
Ruthless
Elimination
of
~~Hurry~~

Foreword
by
John
Ortberg





REST

III. DANGERS TO REST



REST

III. DANGERS TO REST

- Omitting rest from our lives is: WORKAHOLISM

REST

III. DANGERS TO REST

- Omitting rest from our lives is: WORKAHOLISM
- Turning rest into work is: LEGALISM

WORKAHOLISM

LEGALISM



REST

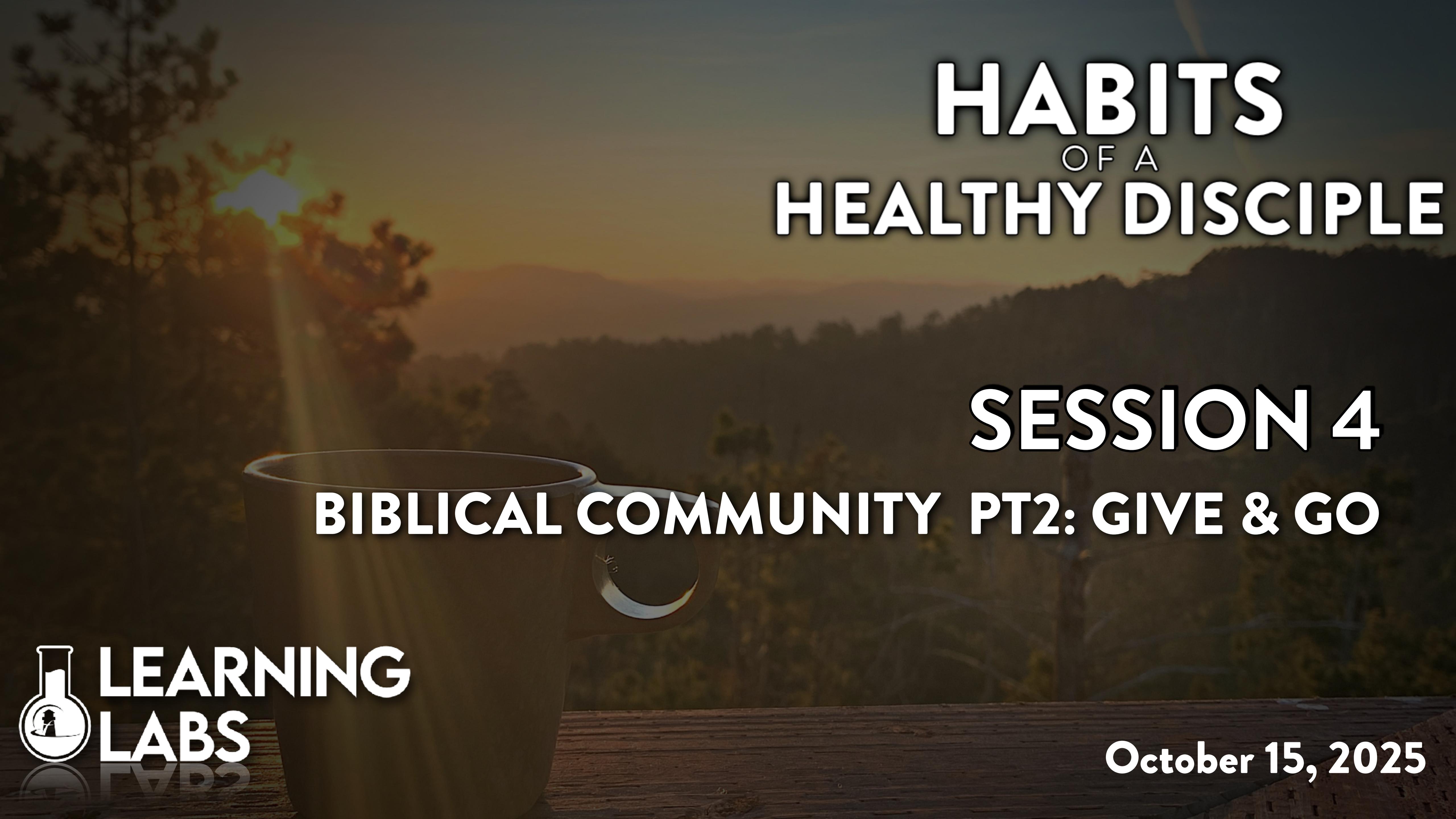
III. DANGERS TO REST

- Omitting rest from our lives is: WORKAHOLISM
- Turning rest into work is: LEGALISM
- Both miss the HEART of the sabbath.

A campfire is burning in the background, casting a warm glow over the scene. In the foreground, a dark-colored metal mug with a handle is placed on a wooden surface. The background features a silhouette of trees and hills against a sky transitioning from orange to dark blue.

READ & DISCUSS
MARK 2:23-28





HABITS OF A HEALTHY DISCIPLE

SESSION 4

BIBLICAL COMMUNITY PT2: GIVE & GO



October 15, 2025