
Introduction: Rest

¹ *Lord, how many are my foes!*

How many rise up against me!

² *Many are saying of me,*

"God will not deliver him."

³ *But you, Lord, are a shield around me,*

my glory, the One who lifts my head high.

⁴ *I call out to the Lord,*

and he answers me from his holy mountain.

⁵ *I lie down and sleep;*

I wake again, because the Lord sustains me. Psalm 3:1-5

For if Joshua had given them rest, God would not have spoken later about another day. There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Hebrews 4:8-10

Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. ² Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. ³ Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. [⁴] ⁵ One who was there had been an invalid for thirty-eight years. ⁶ When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?"

⁷ "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me."

⁸ Then Jesus said to him, "Get up! Pick up your mat and walk."⁹ At once the man was cured; he picked up his mat and walked.

The day on which this took place was a Sabbath, ¹⁰ and so the Jewish leaders said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat."

¹¹ But he replied, "The man who made me well said to me, 'Pick up your mat and walk.'"

¹² So they asked him, "Who is this fellow who told you to pick it up and walk?"

¹³ The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.

¹⁴ Later Jesus found him at the temple and said to him, "See, you are well again. Stop sinning or something worse may happen to you."

¹⁵ The man went away and told the Jewish leaders that it was Jesus who had made him well.

¹⁶ So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. ¹⁷ In his defense Jesus said to them, "My Father is always at his work to this very day, and I too am working." John 5:1-17

I. What is This Ultimate Sabbath Rest?

Under the Law

But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship. Galatians 4:4-5

The Problem

What the Law is...

Ways We Deal with Our Inner Restlessness

Therefore no one will be declared righteous in God's sight by the works of the law; rather, through the law we become conscious of our sin. Romans 3:20

II. How Do I Enter into that Ultimate Rest?

Jesus said to them, "My Father is always at his work to this very day, and I too am working." (vs. 17)

How did the Lame Man Enter into It

But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. Romans 3:21-24

*But you, Lord, are a shield around me,
my glory, the One who lifts my head high.
I call out to the Lord,
and he answers me from his holy mountain.
I lie down and sleep; Psalm 3:3-5*

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30