

“That’ll Do, Pig. That’ll Do.”

Exodus 23:10-19

Sermon Summary . . .

We need to **work** into our life time we use to **rest**.

The Virtues of a Rhythm of Rest. . .

- Rest allows us to **recover**.
 - Ceasing from work reminds us we are not God, which frees us from **exhaustion**.
 - Ceasing from work allows us to see how God is using us, which frees us from **discouragement**.
- Rest allows us to **worship**.
 - We discover worship is **fueled** by reminders. . .
 - Remember our God is a god who **saves**.
 - Remember our God is a god who **provides**.
 - We discover worship is **governed** by God.
 - We discover worship is extremely **costly**.
 - We discover worship is primarily **corporate**.
- Rest allows us to **anticipate**.
 - Christ promises to free us from our **old** life.
 - Christ promises to fill us with **new** life.
 - Christ promises to provide us with **eternal** life.