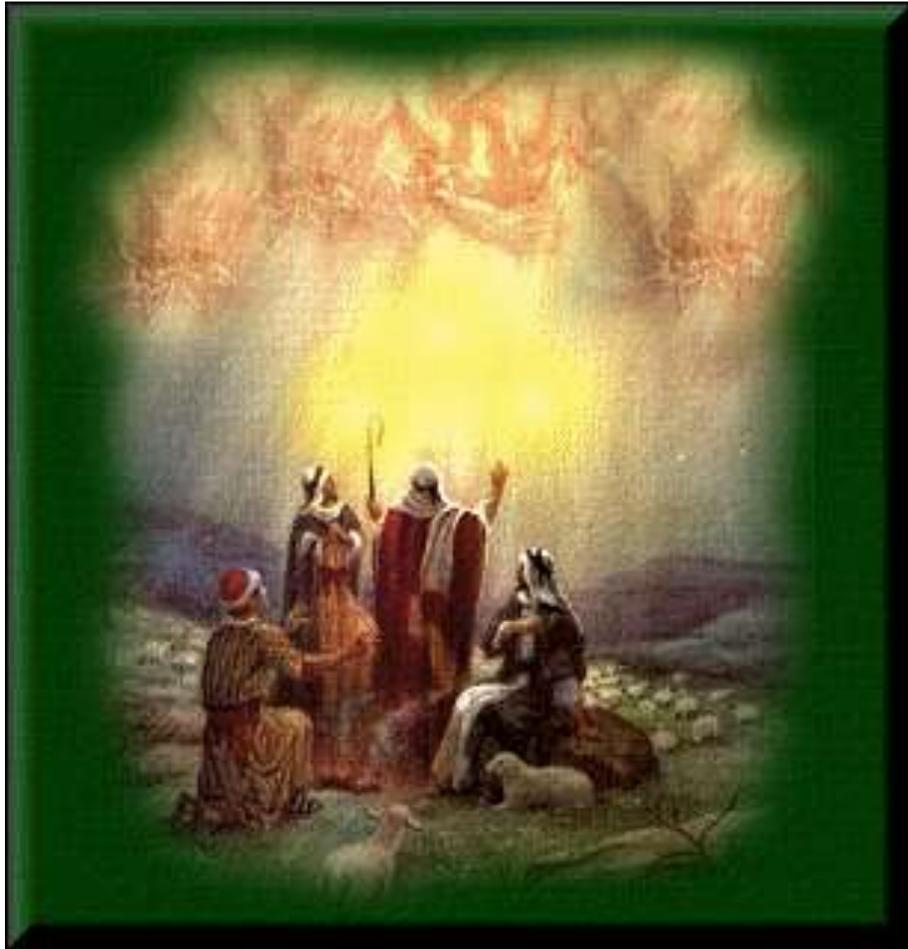


# REST FROM HEAVEN



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## THE DEFINITION OF REST

### *The Definition*

Rest is a cessation of labor to take time to relax, restore and refresh.

### *The Spiritual Definition*

The cessation of laboring to work for salvation and the freedom from the things in this world that cause tribulation, trials and discontent.

## THE RESIDENCE OF REST

### *Heaven Is a Residence of Rest.*

In several places the Bible describes Heaven as a place of rest (Ps. 132:13-14; Dan. 12:13)

### *Heaven Is a Residence of Comfort.*

When Lazarus, the poor beggar, died he went to a place of comfort. “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” (Lk. 16:25).

### *Heaven Is a Residence of Cessation from Labors.*

The saints who came through the Tribulation went to Heaven where they rested from their labors and their works followed them (Rev. 14:13).

### *Heaven Is a Residence of Freedom from the Troubles of This World.*

After Job lost his family, possessions and health he longed for death and to go to a place where the weary are at rest (Job 3:17). Some believed the place he was talking about was the grave and some believe it is Heaven. Whatever the case, he believed in the afterlife that he was going to a place where he would be free from the troubles of this world.

## THOSE WHO LOOKED FOR REST IN THIS LIFE

When Job (Job 3:20-26) and David (Ps. 55:6) became overwhelmed with the troubles in this life, they looked for a place of rest.

## THE REASONS WE NEED REST

Even though the believer reaches ultimate rest in Heaven, there are times in this life when rest is needed.

- Because of the Troubles of This World (Job 3:17)
- Because of Persecution by the Enemy (Ps. 55:3-6)
- Because of Exhaustion from Earthly Labors (Rev. 14:13)
- Because of Physical and Emotional Fatigue (Mk. 6:31)

## THE RESOURCES OF REST

*Wait Before the Lord in Quiet Meditation.*

The psalmist said, “Rest in the LORD, and wait patiently for him (Ps. 37:7). The word ‘Rest’ means to wait in silence. One way to find rest in this life is to wait silently before the Lord.

*Give the Things Causing You to Travail over to the Lord*

Peter’s advice to those who are laboring under the cares of this world is to cast “all your care upon him; for he careth for you” (1 Pet. 5:7). The word “Casting” means to throw upon. The child of God should their cares off of their shoulders throw them upon God’s because His are a lot bigger than ours.