GOD SAID IT

Preschool
Week 4

PARENT BIBLE STUDY
Read: Genesis 2
Throughout the Bible, it's clear that rest is important to God. From the very beginning, God made rest holy. Genesis 2:3 says, "… God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation."

Years later, after God's people had been brutally enslaved for 400 years, God commanded a Sabbath, or a holy day of rest. He mandated rest to perhaps the weariest people on the planet. (Exodus 20:8) He reminded them to trust him and to be still. In Exodus 14:14 God told his people, "The Lord will fight for you, you need only to be still."

Then while the people were wandering in the wilderness God told their worn down and weary leader, Moses, "My presence shall go with you, and I will give you rest," Exodus 33:14.
Jesus said nearly the same thing in Matthew 11:28: "Come to me all you who are weary, and I will give you rest."

Regular rest can remind us of something extremely important: that we are not God. When we rest, we come face to face with the fact that we cannot do it all. We have to trust that God will take care of things for us. Resting regularly reminds us that busyness is not a god to be worshipped. Busyness can come from pride, which says, "I am the center of the universe and if I stop working the world will stop spinning." And busyness also comes from desperation. Maybe we are single moms or dads, exhausted parents, or we work two jobs to make ends meet. We book our schedule and give and give until there is nothing left. But Jesus came to rescue us from both our pride and our desperation. He came to redeem, and he came to give us rest. Rest helps us loosen our grip on things that aren't ours in the first place. Rest reminds us that we have a real and tangible need for God. Rest is God's gentle voice that says, "I hold all things together," Colossians 1:17.

How does your faith in God change your view of rest?

What sort of plan can you make to be more intentional with rest?