


Ordinary
Holiness
BIBLE WISDOM for EVERYDAY LIVING

Ordinary Holiness

BIBLE WISDOM *for* EVERYDAY LIVING

WHAT

Ordinary Holiness

BIBLE WISDOM *for* EVERYDAY LIVING

WHAT

WHY

Ordinary Holiness

BIBLE WISDOM *for* EVERYDAY LIVING

WHAT

WHY

HOW


WHAT
WHY
HOW

WHAT
– IS REST –

WHY

HOW

“WRONG ANSWERS ONLY”

“Something I vaguely remember before I had kids.”

“8 hours of sleep, or 5 hours plus 3 cups of coffee”

“Doing nothing and feeling guilty about it.”



2 FAMOUS *Rest* PASSAGES

THAT CHALLENGE OUR DEFINITION OF THE WORD

GENESIS 2:1–3 & MATTHEW 11:28–30



WHAT

— IS REST —

WHY

HOW

Rest is the Opposite of Unrest
(Not Activity)

1

WE CAN FIND CONTENTMENT EVEN AMID LIFE'S DEMANDS.

Gen. 2:1–3 | Matt. 11:28–30



WHAT
— IS REST —

WHY

HOW

Rest is the Opposite of Unrest
(Not Activity)

1

WE CAN FIND CONTENTMENT EVEN AMID LIFE'S DEMANDS.

Gen. 2:1–3 | Matt. 11:28–30



WHAT
— IS REST —

WHY

HOW

Rest is a Gift from God

2

GIVE THANKS AS YOU ENJOY SLEEP & SIMPLE BLESSINGS

Mark 2:27 | Ps. 127:1–2 | Eccles. 3:12–13

WHAT
– IS REST –

WHY

HOW

Let’s Open Our Bibles

RETURNING TO TODAY’S SCRIPTURE READING

Psalm 127:1-2


WHAT
WHY
HOW

“WRONG ANSWERS ONLY”

“Because even Chick-fil-A gets a day off.”

“Because my body has begun issuing threats.”

“Because pleasure is the point of life.”



Rest Teaches Us to Trust God

3

SLEEP AFFIRMS THAT THE LORD HOLDS EVERYTHING.

Ps. 121:3–4; 4:8 | Exod. 16:22–30



WHAT

WHY
– WE REST –

HOW


PROJECT
HAIL
MARY

PSALM 121

GOD DOESN'T SLEEP.

We do.



Rest Renews & Refreshes Us

4

GOD KNOWS OUR STRENGTH
NEEDS REGULARLY RESTORED.

Exod. 23:12; 34:21 | Mark 6:30–32



WHAT

WHY
- WE REST -

HOW

~~NUMBING~~

“Recreation”



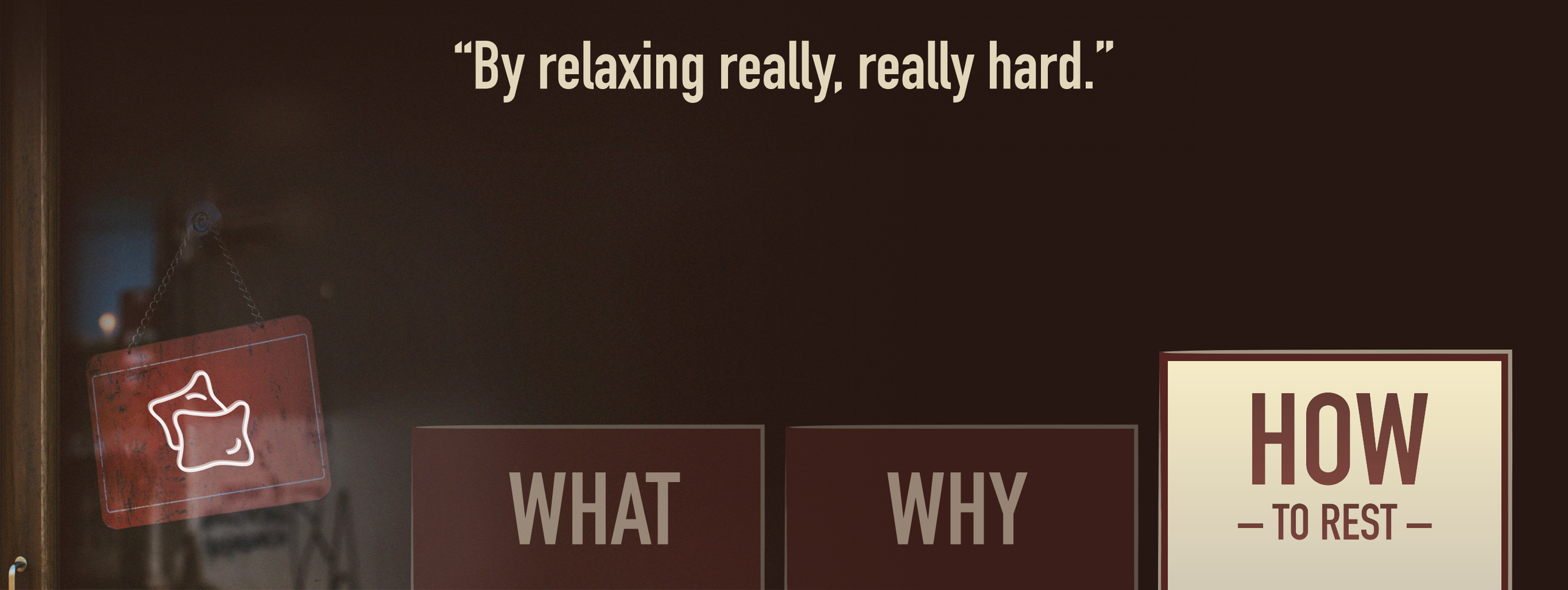

WHAT
WHY
HOW

“WRONG ANSWERS ONLY”

“Two words: ‘binging’ & ‘scrolling’”

“By forcing 12 days of ‘fun’ into 5 days of vacation.”

“By relaxing really, really hard.”



Rest without Neglecting Responsibilities

5

NEITHER INDULGENT EXCESS NOR AVOIDANCE

Prov. 24:30–34 | 2 Thes. 3:10–12



WHAT

WHY

HOW
– TO REST –

Rest to the Glory of God

6

THE WAY WE REST CAN EXPRESS OUR DEVOTION.

1 Cor. 6:12; 10:31 | Col. 3:17



WHAT

WHY

HOW
– TO REST –

Rest in Hope of the Rest to Come

7

ONE DAY, HE'LL LIFT
EVERY BURDEN AT LAST.

Heb. 4:9–11 | Rev. 14:13



WHAT

WHY

HOW
– TO REST –

THERE REMAINS A

Sabbath Rest

HEBREWS 4:9



WHAT

WHY

HOW

– TO REST –

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30

