

Leviticus 25:20-22 NIV

You may ask, “What will we eat in the seventh year if we do not plant or harvest our crops?” I will send you such a blessing in the sixth year that the land will yield enough for **three years**. While you plant during the eighth year, you will eat from the old crop and will continue to eat from it until the harvest of the **ninth year** comes in.

Our resting produces God’s blessing!

Psalm 127:2

It is vain for you to rise early, come home late, and work so hard for your food. Yes, he can provide for those whom he loves even when they sleep. (NET)

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. (NLT)

When we rest God...

Refreshes our inner being

Psalm 23:2-3 NIV

He **makes me** lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

Renews our will to go on

Isaiah 40:31 NIV

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Rebuilds our hope for the future

Job 11:18-19 CEV

You will rest safe and secure, filled with hope and **emptied of worry**. You will sleep without fear and be greatly respected.

Reveals our source of peace

Psalm 4:8 NLT

In peace I will lie down and sleep, for you alone, O LORD, will keep me safe.

Response

I want God’s best, so I’m going to rest!