



Rock Point Church  
Bill Bush | 5.4.25

**BIG IDEA | We rest to live, not live to rest.**

**Matthew 11:28-30 (NLT)**

<sup>28</sup> Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."

**Rest ...**

- is a gift, not a guilt trip.

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- is a gift, not a guilt trip.
- is not an excuse to avoid responsibility.

**Rest...**

- is a gift, not a guilt trip.
- is not an excuse to avoid responsibility.
- renews identity, not just energy.

## Isaiah 6:1-13 (NLT)

<sup>1</sup> It was in the year King Uzziah died that I saw the Lord. He was sitting on a lofty throne, and the train of his robe filled the Temple.

<sup>2</sup> Attending him were mighty seraphim, each having six wings. With two wings they covered their faces, with two they covered their feet, and with two they flew. <sup>3</sup> They were calling out to each other,

"Holy, holy, holy is the Lord of Heaven's Armies!  
The whole earth is filled with his glory!"

<sup>4</sup> Their voices shook the Temple to its foundations, and the entire building was filled with smoke.

<sup>5</sup> Then I said, "It's all over! I am doomed, for I am a sinful man. I have filthy lips, and I live among a people with filthy lips. Yet I have seen the King, the Lord of Heaven's Armies."

<sup>6</sup> Then one of the seraphim flew to me with a burning coal he had taken from the altar with a pair of tongs. <sup>7</sup> He touched my lips with it and said, "See, this coal has touched your lips. Now your guilt is removed, and your sins are forgiven."

<sup>8</sup> Then I heard the Lord asking, "Whom should I send as a messenger to this people? Who will go for us?"  
I said, "Here I am. Send me."

<sup>9</sup> And he said, "Yes, go, and say to this people,  
'Listen carefully, but do not understand.  
Watch closely, but learn nothing.'

<sup>10</sup> Harden the hearts of these people.  
Plug their ears and shut their eyes.  
That way, they will not see with their eyes,  
nor hear with their ears,  
nor understand with their hearts  
and turn to me for healing."

<sup>11</sup> Then I said, "Lord, how long will this go on?"

And he replied,

"Until their towns are empty,

their houses are deserted,

and the whole country is a wasteland;

<sup>12</sup> until the Lord has sent everyone away,

and the entire land of Israel lies deserted.

<sup>13</sup> If even a tenth-a remnant-survive,

it will be invaded again and burned.

But as a terebinth or oak tree leaves a stump when it is cut down,

so Israel's stump will be a holy seed."

**Sabbath is not just rest from work-it's rest in wonder.**

**Jesus doesn't offer rest as a day-He offers it as a relationship.**

### GROUPS QUESTIONS:

1. What stood out to you about this week's sermon?
2. Talk about a time when you tried to rest but ended up feeling more drained than before. What do you think made that experience so unrefreshing?
3. When you hear Jesus say, "Come to me... and I will give you rest" (Matthew 11:28), what emotions or thoughts does that stir in you?

4. How do you think Sabbath helps you reconnect with both your purpose and your identity?
5. How do you personally distinguish between healthy rest and unhealthy avoidance of responsibility? Have you ever mislabeled one for the other?
6. Isaiah had a powerful encounter with God's holiness in a moment of stillness. How do you think wonder plays a role in true Sabbath rest? Have you ever had a moment where being still led you to awe or clarity?
7. The Isaiah 6 passage ends with Isaiah saying, "Here I am. Send me." How do you think rest might prepare us for purpose and calling rather than pulling us away from it? What would it look like for you to rest in a way that readies your heart to say "yes" to God?
8. What aspects of your identity feel most worn down or distorted right now? How might regular rhythms of rest help restore the truth of who you are in Christ?
9. What does it mean to you to rest in Jesus and not just take a day off? What would help you practice that kind of relational rest this week?