

# Rest

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## Introduction

The Greek word *anapauō*, occurring 12x in the NT, communicates the idea of rest, i.e., cessation from toil and labors.

A compound of the prefix *ana* [denoting up, again, back] and *pauō* [to make to cease, hinder], *anapauō* means “to give rest, give intermission from labor, by implication, refresh” [Thomas 373].

BDAG say means “(1) to cause someone to gain relief from toil, cause to rest, give (someone) rest, refresh, revive; (2) to bring something to a conclusion, end, conclude, finish; (3) to take one’s rest, rest; (a) of persons who are drowsy; (b) figuratively, as goal of Gnosticism; (4) to settle on an object, rest upon in imagery.”

Strong/Thayer say it means “(1) to cause or permit one to cease from any movement or labour in order to recover and collect his strength; (2) to give rest, refresh, to give one’s self rest, take rest; (3) to keep quiet, of calm and patient expectation” [373]

This word occurs 12x in the NT (Matt. 11:28; 26:45; Mark 6:31; 14:41; Luke 12:19; 1 Cor. 16:18; 2 Cor. 7:13; Phile. 7; 20; 1 Pet. 4:14; Rev. 6:11; 14:13).

*Matthew 11:28 ... 28 “Come to Me, all who are weary and heavy-laden, and I will **\*give** you **\*rest**. (NASB95)*

*Matthew 26:45 ... 45 Then He came to the disciples and said to them, “Are you still sleeping and **\*resting**? Behold, the hour is at hand and the Son of Man is being betrayed into the hands of sinners. (NASB95)*

*Mark 6:31 ... 31 And He said to them, “Come away by yourselves to a secluded place and **\*rest** a while.” (For there were many people coming and going, and they did not even have time to eat.) (NASB95)*

*Mark 14:41 ... 41 And He came the third time, and said to them, “Are you still sleeping and **\*resting**? It is enough; the hour has come; behold, the Son of Man is being betrayed into the hands of sinners. (NASB95)*

*Luke 12:19 ... 19 ‘And I will say to my soul, “Soul, you have many goods laid up for many years to come; **\*take** your **\*ease**, eat, drink and be merry.” ’ (NASB95)*

*1 Corinthians 16:18 ... 18 For they have **\*refreshed** my spirit and yours. Therefore acknowledge such men. (NASB95)*

*2 Corinthians 7:13 ... 13 For this reason we have been comforted. And besides our comfort, we rejoiced even much more for the joy of Titus, because his spirit has been **\*refreshed** by you all. (NASB95)*

*Philemon 7 ... 7 For I have come to have much joy and comfort in your love, because the hearts of the saints have been **\*refreshed** through you, brother. (NASB95)*

*Philemon 20 ... 20 Yes, brother, let me benefit from you in the Lord; **\*refresh** my heart in Christ. (NASB95)*

*1 Peter 4:14 ... 14 If you are reviled for the name of Christ, you are blessed, because the Spirit of glory and of God **\*rests** on you. (NASB95)*

*Revelation 6:11 ... 11 And there was given to each of them a white robe; and they were told that they should **\*rest** for a little while longer, until the number of their fellow servants and their brethren who were to be killed even as they had been, would be completed also. (NASB95)*

*Revelation 14:13 ... 13 And I heard a voice from heaven, saying, "Write, 'Blessed are the dead who die in the Lord from now on!'" "Yes," says the Spirit, "so that they may **\*rest** from their labors, for their deeds follow with them." (NASB95)*

## **Rest that is Inappropriate**

Some rest evidences neglectfulness (Matt. 26:36-46, esp. vs. 45; Mark 14:32-42, esp. vs. 41).

*Matthew 26:36-46 ... 36 Then Jesus came with them to a place called Gethsemane, and said to His disciples, "Sit here while I go over there and pray." 37 And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed. 38 Then He said to them, "My soul is deeply grieved, to the point of death; remain here and keep watch with Me." 39 And He went a little beyond them, and fell on His face and prayed, saying, "My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will." 40 And He came to the disciples and found them sleeping, and said to Peter, "So, you men could not keep watch with Me for one hour? 41 "Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak." 42 He went away again a second time and prayed, saying, "My Father, if this cannot pass away unless I drink it, Your will be done." 43 Again He came and found them sleeping, for their eyes were heavy. 44 And He left them again, and went away and prayed a third time, saying the same thing once more. 45 Then He came to the disciples and said to them, "Are you still sleeping and **\*resting**? Behold, the hour is at hand and the Son of Man is being betrayed into the hands of sinners. 46 "Get up, let us be going; behold, the one who betrays Me is at hand!" (NASB95)*

*Mark 14:32-42 ... 32 They came to a place named Gethsemane; and He said to His disciples, "Sit here until I have prayed." 33 And He took with Him Peter and James and John, and began to be very distressed and troubled. 34 And He said to them, "My soul is deeply grieved to the point of death; remain here and keep watch." 35 And He went a little beyond them, and fell to the ground and began to pray that if it were possible, the hour might pass Him by. 36 And He was saying, "Abba! Father! All things are possible for You; remove this cup from Me; yet not what I will, but what You will." 37 And He came and found them sleeping, and said to Peter, "Simon, are you asleep? Could you not keep watch for one hour? 38 "Keep watching and praying that you may not come into temptation; the spirit is willing, but the flesh is weak." 39 Again He went away and prayed, saying the same words. 40 And again He came and found them sleeping, for their eyes were very heavy; and they did not know what to answer Him. 41 And He came the third time, and said to them, "Are you still sleeping and **\*resting**? It is enough; the hour has come; behold, the Son of Man is being betrayed into the hands of sinners. 42 "Get up, let us be going; behold, the one who betrays Me is at hand!" (NASB95)*

Some rest evidences selfishness (Luke 12:13-21, esp. vs. 19).

*Luke 12:13-21 ... 13 Someone in the crowd said to Him, "Teacher, tell my brother to divide the family inheritance with me." 14 But He said to him, "Man, who appointed Me a judge or arbitrator over you?" 15 Then He said to them, "Beware, and be on your guard against every form of greed; for not even when one has an abundance does his life consist of his possessions." 16 And He told them a parable, saying, "The land of a rich man was very productive. 17 "And he began reasoning to himself, saying, 'What shall I do, since I have no place to store my crops?' 18 "Then he said, 'This is what I will do: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. 19 'And I will say to my soul, "Soul, you have many goods laid up for many years to come; **\*take** your **\*ease**, eat, drink and be merry." ' 20 "But God said to him, 'You fool! This very night your soul is required of you; and now who will own what you have prepared?' 21 "So is the man who stores up treasure for himself, and is not rich toward God." (NASB95)*

## **Rest that is Appropriate**

The righteous are refreshed in provision (1 Cor. 16:15-18, esp. vs. 18).

*1 Corinthians 16:15-18 ... 15 Now I urge you, brethren (you know the household of Stephanas, that they were the first fruits of Achaia, and that they have devoted themselves for ministry to the saints), 16 that you also be in subjection to such men and to everyone who helps in the work and labors. 17 I rejoice over the coming of Stephanas and Fortunatus and Achaicus, because they have supplied what was lacking on your part. 18 For they have **\*refreshed** my spirit and yours. Therefore acknowledge such men. (NASB95)*

The righteous are refreshed in repentance (Matt. 11:20-30, esp. vs. 28; 2 Cor. 7:5-16, esp. vs. 13).

*Matthew 11:20-30 ... 20 Then He began to denounce the cities in which most of His miracles were done, because they did not repent. 21 “Woe to you, Chorazin! Woe to you, Bethsaida! For if the miracles had occurred in Tyre and Sidon which occurred in you, they would have repented long ago in sackcloth and ashes. 22 “Nevertheless I say to you, it will be more tolerable for Tyre and Sidon in the day of judgment than for you. 23 “And you, Capernaum, will not be exalted to heaven, will you? You will descend to Hades; for if the miracles had occurred in Sodom which occurred in you, it would have remained to this day. 24 “Nevertheless I say to you that it will be more tolerable for the land of Sodom in the day of judgment, than for you.” 25 At that time Jesus said, “I praise You, Father, Lord of heaven and earth, that You have hidden these things from the wise and intelligent and have revealed them to infants. 26 “Yes, Father, for this way was well-pleasing in Your sight. 27 “All things have been handed over to Me by My Father; and no one knows the Son except the Father; nor does anyone know the Father except the Son, and anyone to whom the Son wills to reveal Him. 28 “Come to Me, all who are weary and heavy-laden, and I will **\*give** you **\*rest**. 29 “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 “For My yoke is easy and My burden is light.” (NASB95)*

*2 Corinthians 7:5-16 ... 5 For even when we came into Macedonia our flesh had no rest, but we were afflicted on every side: conflicts without, fears within. 6 But God, who comforts the depressed, comforted us by the coming of Titus; 7 and not only by his coming, but also by the comfort with which he was comforted in you, as he reported to us your longing, your mourning, your zeal for me; so that I rejoiced even more. 8 For though I caused you sorrow by my letter, I do not regret it; though I did regret it—for I see that that letter caused you sorrow, though only for a while— 9 I now rejoice, not that you were made sorrowful, but that you were made sorrowful to the point of repentance; for you were made sorrowful according to the will of God, so that you might not suffer loss in anything through us. 10 For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death. 11 For behold what earnestness this very thing, this godly sorrow, has produced in you: what vindication of yourselves, what indignation, what fear, what longing, what zeal, what avenging of wrong! In everything you demonstrated yourselves to be innocent in the matter. 12 So although I wrote to you, it was not for the sake of the offender nor for the sake of the one offended, but that your earnestness on our behalf might be made known to you in the sight of God. 13 For this reason we have been comforted. And besides our comfort, we rejoiced even much more for the joy of Titus, because his spirit has been **\*refreshed** by you all. 14 For if in anything I have boasted to him about you, I was not put to shame; but as we spoke all things to you in truth, so also our boasting before Titus proved to be the truth. 15 His affection abounds all the more toward you, as he remembers the obedience of you all, how you received him with fear and trembling. 16 I rejoice that in everything I have confidence in you. (NASB95)*

The righteous are refreshed in service (Phile. 4-7, 17-20, esp. vs. 7 & 20).

*Philemon 4-7 ... 4 I thank my God always, making mention of you in my prayers, 5 because I hear of your love and of the faith which you have toward the Lord Jesus and toward all the saints; 6 and I pray that the fellowship of your faith may become effective*

*through the knowledge of every good thing which is in you for Christ's sake. 7 For I have come to have much joy and comfort in your love, because the hearts of the saints have been **\*refreshed** through you, brother. (NASB95)*

*Philemon 17-20 ... 17 If then you regard me a partner, accept him as you would me. 18 But if he has wronged you in any way or owes you anything, charge that to my account; 19 I, Paul, am writing this with my own hand, I will repay it (not to mention to you that you owe to me even your own self as well). 20 Yes, brother, let me benefit from you in the Lord; **\*refresh** my heart in Christ. (NASB95)*

## **Conclusion**

After strenuous physical effort, we desire rest and refreshment (Mark 6:7-13, 30-32, esp. vs. 31).

*Mark 6:7-13 ... 7 And He summoned the twelve and began to send them out in pairs, and gave them authority over the unclean spirits; 8 and He instructed them that they should take nothing for their journey, except a mere staff—no bread, no bag, no money in their belt— 9 but to wear sandals; and He added, “Do not put on two tunics.” 10 And He said to them, “Wherever you enter a house, stay there until you leave town. 11 “Any place that does not receive you or listen to you, as you go out from there, shake the dust off the soles of your feet for a testimony against them.” 12 They went out and preached that men should repent. 13 And they were casting out many demons and were anointing with oil many sick people and healing them. (NASB95)*

*Mark 6:30-32 ... 30 The apostles gathered together with Jesus; and they reported to Him all that they had done and taught. 31 And He said to them, “Come away by yourselves to a secluded place and **\*rest** a while.” (For there were many people coming and going, and they did not even have time to eat.) 32 They went away in the boat to a secluded place by themselves. (NASB95)*

After strenuous spiritual struggles, we will be refreshed in eternity (Rev. 14:9-13, esp. vs. 13; 6:9-11, esp. vs. 11).

*Revelation 14:9-13 ... 9 Then another angel, a third one, followed them, saying with a loud voice, “If anyone worships the beast and his image, and receives a mark on his forehead or on his hand, 10 he also will drink of the wine of the wrath of God, which is mixed in full strength in the cup of His anger; and he will be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb. 11 “And the smoke of their torment goes up forever and ever; they have no rest day and night, those who worship the beast and his image, and whoever receives the mark of his name.” 12 Here is the perseverance of the saints who keep the commandments of God and their faith in Jesus. 13 And I heard a voice from heaven, saying, “Write, ‘Blessed are the dead who die in the Lord from now on!’ ” “Yes,” says the Spirit, “so that they may **\*rest** from their labors, for their deeds follow with them.” (NASB95)*

*Revelation 6:9-11 ... 9 When the Lamb broke the fifth seal, I saw underneath the altar the souls of those who had been slain because of the word of God, and because of the*

*testimony which they had maintained; 10 and they cried out with a loud voice, saying, "How long, O Lord, holy and true, will You refrain from judging and avenging our blood on those who dwell on the earth?" 11 And there was given to each of them a white robe; and they were told that they should \*rest for a little while longer, until the number of their fellow servants and their brethren who were to be killed even as they had been, would be completed also. (NASB95)*

However, the promise of such refreshment is available only to those who share a right relationship with God (1 Pet. 4:12-19, esp. vs. 14).

*1 Peter 4:12-19 ... 12 Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; 13 but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation. 14 If you are reviled for the name of Christ, you are blessed, because the Spirit of glory and of God \*rests on you. 15 Make sure that none of you suffers as a murderer, or thief, or evildoer, or a troublesome meddler; 16 but if anyone suffers as a Christian, he is not to be ashamed, but is to glorify God in this name. 17 For it is time for judgment to begin with the household of God; and if it begins with us first, what will be the outcome for those who do not obey the gospel of God? 18 And if it is with difficulty that the righteous is saved, what will become of the godless man and the sinner? 19 Therefore, those also who suffer according to the will of God shall entrust their souls to a faithful Creator in doing what is right. (NASB95)*