

Rest

By Mark Mayberry
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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].

Rest that is Inappropriate

Some rest evidences neglectfulness (Matt. 26:36-46, esp. vs. 45; Mark 14:32-42, esp. vs. 41).
Some rest evidences selfishness (Luke 12:13-21, esp. vs. 19).

Rest that is Appropriate

The righteous are refreshed in provision (1 Cor. 16:15-18, esp. vs. 18). The righteous are refreshed in repentance (Matt. 11:20-30, esp. vs. 28; 2 Cor. 7:5-16, esp. vs. 13). The righteous are refreshed in service (Phile. 4-7, 17-20, esp. vs. 7 & 20).

Conclusion

After strenuous physical effort, we desire rest and refreshment (Mark 6:7-13, 30-32, esp. vs. 31). After strenuous spiritual struggles, we will be refreshed in eternity (Rev. 14:9-13, esp. vs. 13; 6:9-11, esp. vs. 11). 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).