

# **Rest**

**By Mark Mayberry**  
**3/29/2009**

## **Introduction**

The Greek noun *katapausis*, translated “rest,” refers to either “a state of cessation of work or activity, rest” or “a place of rest.” This word occurs 9x in the NT (Acts 7:49; Heb 3:11, 18; 4:1, 3 [2x], 5, 10, 11).

The Greek verb *katapauō* means “to cause to cease, stop, bring to an end; to cause persons to be at rest, cause to rest; to cease some activity, stop, rest.” This word occurs 4x in the NT (Acts 14:18; Heb. 4:4, 8, 10).

## **Old Testament Usage**

In the Old Testament, Canaan was viewed as a place of rest (Deut. 12:8-12). Received by God’s promise, it would be retained through continued faithfulness (Josh. 21:43-45; 22:1-6; 23:1-16; 24:14-28).

## **New Testament Usage**

In the New Testament, earth is counted as a place of work (John 4:34-38; 9:4-5; 1 Cor. 15:58; Col. 4:2-6), and heaven is a land of rest – from anxiety (2 Thess. 1:3-12; Rev. 6:9-11) and labors (Heb. 4:8-11; Rev. 14:11-13).

## **Conclusion**

The Lord’s invitation is extended: “Come to Me, all who are weary and heavy-laden, and I will give you rest...” (Matthew 11:28-30). However, be warned: such hope can be lost through disobedience and rebellion (Ps. 95:6-11; Heb. 3:12-4:11; Rev. 14:11).