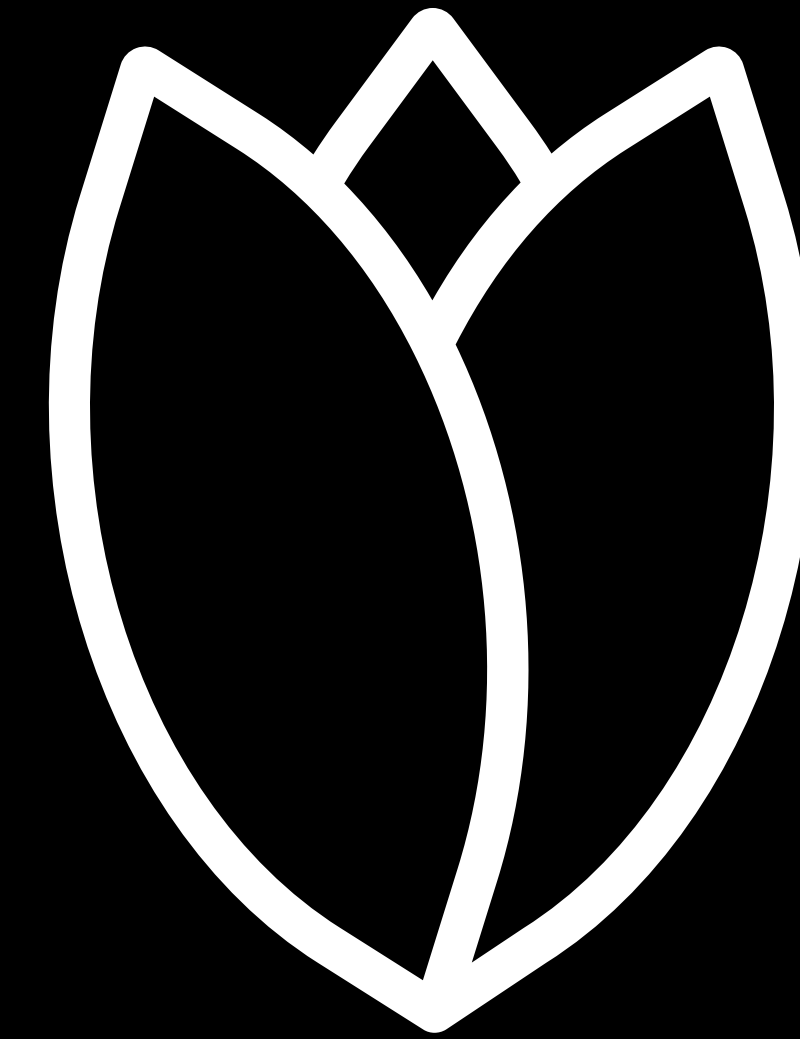


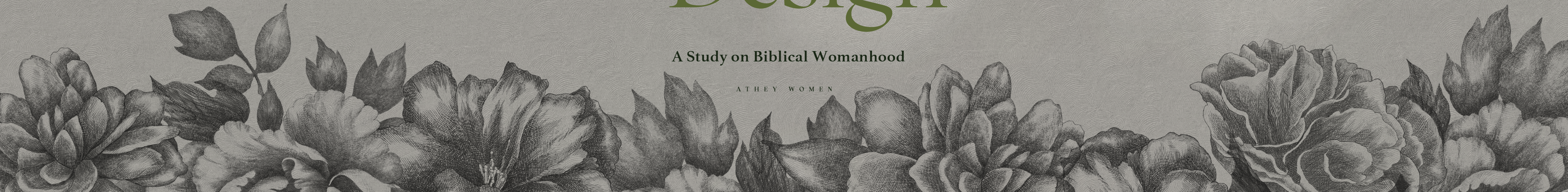


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ATHEY WOMEN



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Five reasons why we should all
learn how to do nothing

The
Guardian

Week
Eight
ATHEY WOMEN



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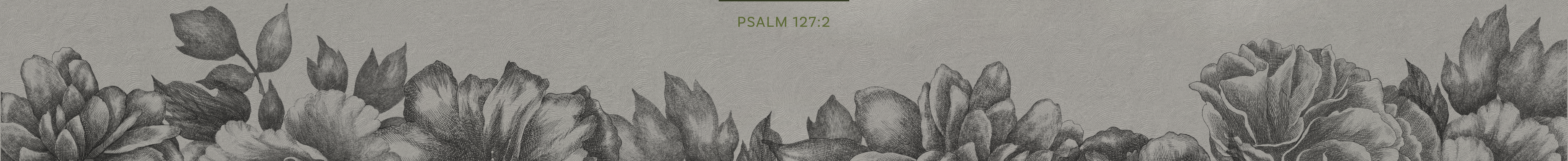
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It is in vain that you rise up early
and go late to rest, eating the
bread of anxious toil; for he gives
to his beloved sleep.

PSALM 127:2

Week
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ATHEY WOMEN



¹ Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he *rested* on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

GENESIS 2:1-3

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DEUTERONOMY 5:12-14

Week
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¹² Observe the Sabbath day, to keep it *holy*, as the Lord your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a *Sabbath* to the Lord your God. On it you shall not do any *work*, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.

MA'ÁŠEH:
REFERS TO THE
ACTIVITY OF WORKING
AND THE PRODUCTS
OF THAT ACTIVITY.

DEUTERONOMY 5:12-14

SET IT APART!
MAKE IT
DIFFERENT
THAN THE
OTHER DAYS.

ŠABBĀT
67 USES IN
THE NT & 111
IN THE OT;
CREATION
ORDINANCE.

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²⁷ And he said to them, “The Sabbath was made *for* man, not man for the Sabbath. ²⁸ So the Son of Man is lord even of the Sabbath.”

MARK 2:27-28

Week
Eight
ATHEY WOMEN

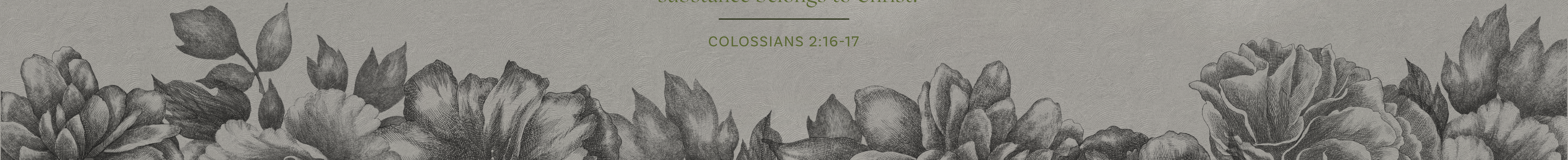


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¹⁶ Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. ¹⁷ These are a shadow of the things to come, but the substance belongs to Christ.

COLOSSIANS 2:16-17

Week
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ATHEY WOMEN



Rest

1. CESSATION OF MOTION OR ACTION OF ANY KIND, AND APPLICABLE TO ANY BODY OR BEING; AS REST FROM LABOR; REST FROM MENTAL EXERTION; REST OF BODY OR MIND. A BODY IS AT REST WHEN IT CEASES TO MOVE; THE MIND IS AT REST WHEN IT CEASES TO BE DISTURBED OR AGITATED.

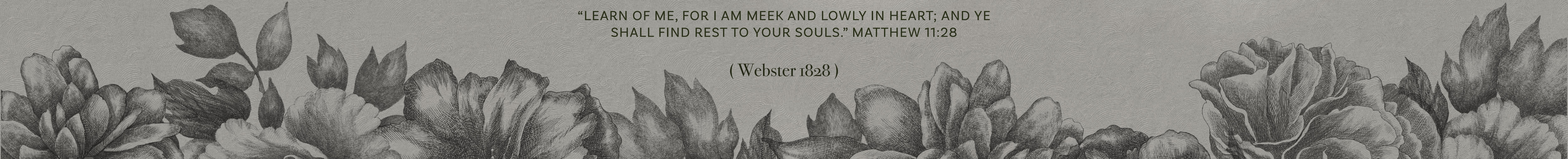
2. QUIET; REPOSE; A STATE FREE FROM MOTION OR DISTURBANCE; A STATE OF RECONCILIATION TO GOD.

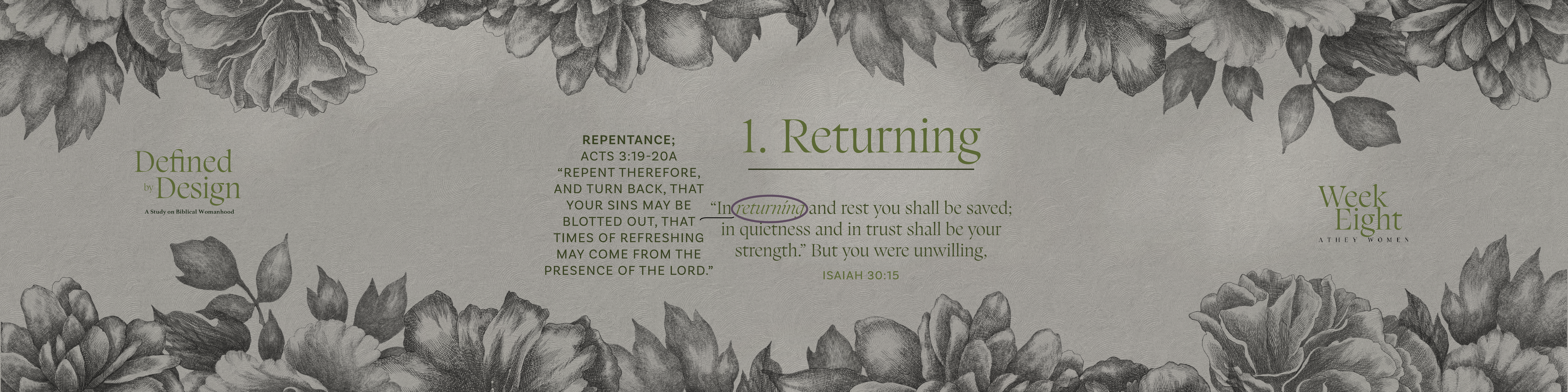
“LEARN OF ME, FOR I AM MEEK AND LOWLY IN HEART; AND YE SHALL FIND REST TO YOUR SOULS.” MATTHEW 11:28

(Webster 1828)

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REPENTANCE;
ACTS 3:19-20A
“REPENT THEREFORE,
AND TURN BACK, THAT
YOUR SINS MAY BE
BLOTTED OUT, THAT
TIMES OF REFRESHING
MAY COME FROM THE
PRESENCE OF THE LORD.”

1. Returning

“In returning and rest you shall be saved;
in quietness and in trust shall be your
strength.” But you were unwilling,
ISAIAH 30:15

Week
Eight
ATHEY WOMEN

HEBREWS 4:12A
*For the word of God is
living and active,
sharper than any two-
edged sword.*

Everyone then who hears these
words of mine and does them will
be like a wise man who built his

house on the rock. And the rain fell,

my life

and the floods came, and the winds
blew and beat on that house, but it

did not fall, because it had been

founded on the rock.

MATTHEW 7:24-25

ISAIAH 26:4
*Trust in the Lord
forever, for the
Lord God is an
everlasting rock.*



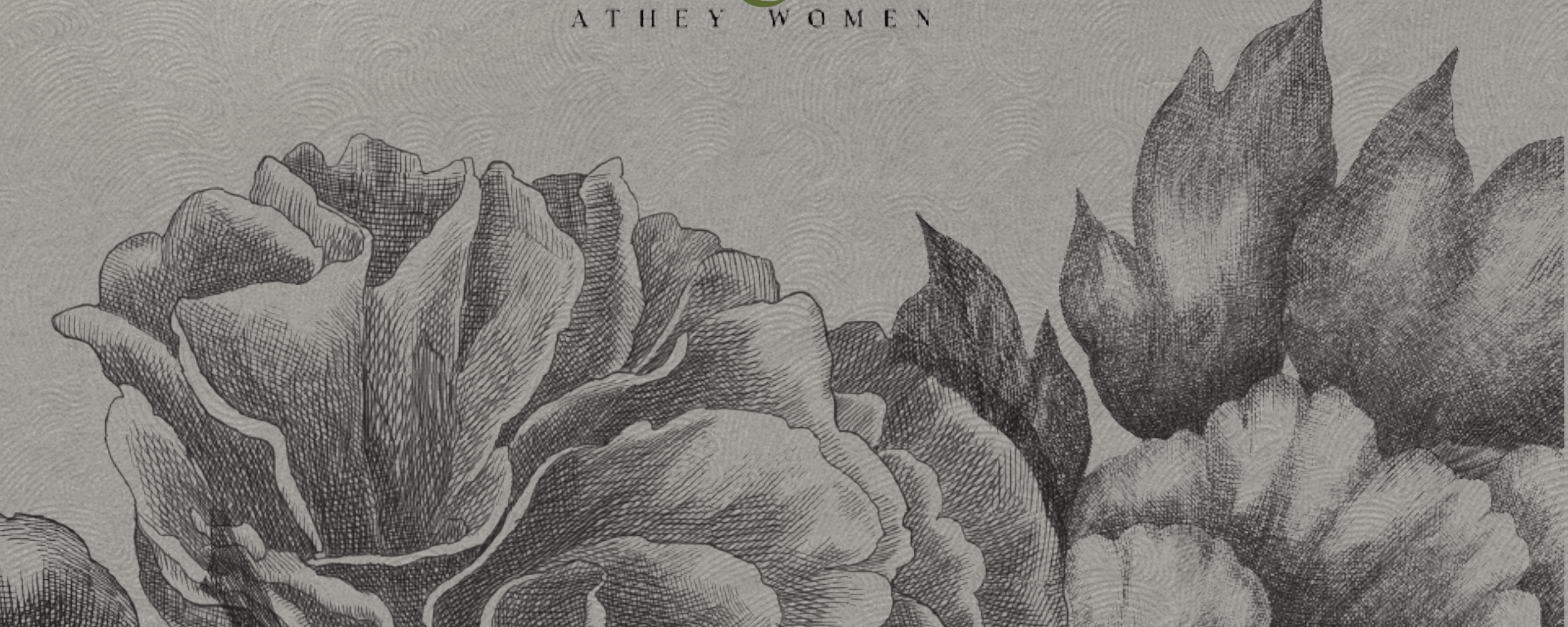
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2. Rest

²⁸ Come to me, all who labor and are heavy laden, and I will give you *rest*. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.

MATTHEW 11:28-30

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MATTHEW 14:22-33

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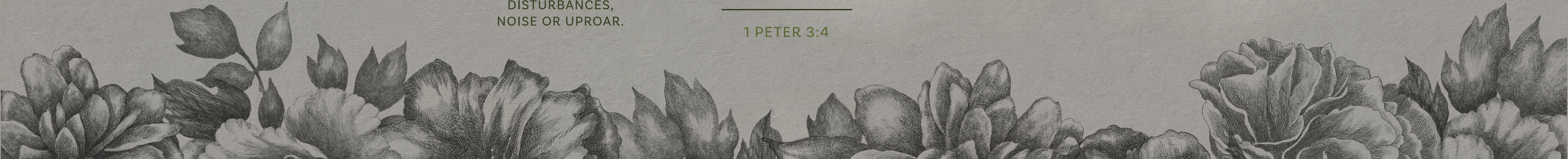
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TRANQUIL; BEING
UNTROUBLED AND
FREE FROM
DISTURBANCES,
NOISE OR UPROAR.

But let your adorning be the
hidden person of the heart with
the imperishable beauty of a gentle
and *quiet spirit*, which in God's
sight is very precious.

1 PETER 3:4

Week
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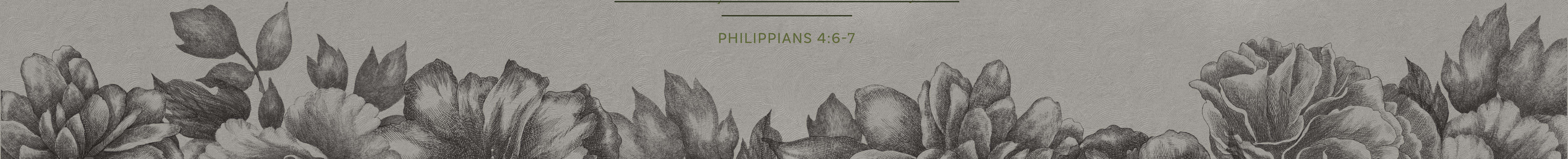


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⁶ Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

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For I will satisfy the weary
soul, and every languishing
soul I will replenish.

JEREMIAH 31:25

Peace I leave with you; my peace
I give to you. Not as the world
gives do I give to you. Let not
your hearts be troubled, neither
let them be afraid.

JOHN 14:27

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“CONTENTMENT, THEN, IS THE PRODUCT OF A HEART RESTING IN GOD. IT IS THE SOUL’S ENJOYMENT OF THAT PEACE THAT PASSES ALL UNDERSTANDING. IT IS THE OUTCOME OF MY WILL BEING BROUGHT INTO SUBJECTION TO THE DIVINE WILL. IT IS THE BLESSED ASSURANCE THAT GOD DOES ALL THINGS WELL, AND IS, EVEN NOW, MAKING ALL THINGS WORK TOGETHER FOR MY ULTIMATE GOOD.”

A.W. Pink

Week
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ATHEY WOMEN



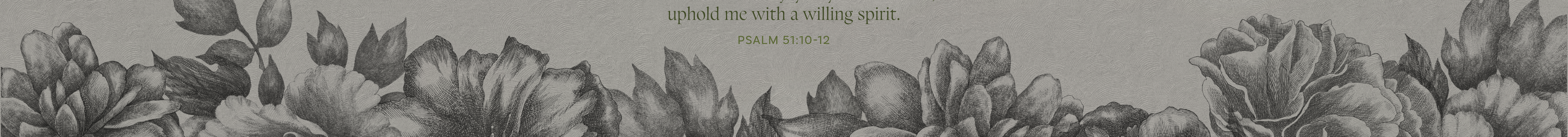
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3. Restore

¹⁰ Create in me a clean heart, O God, and renew a right spirit within me. ¹¹ Cast me not away from your presence, and take not your Holy Spirit from me. ¹² *Restore* to me the joy of your salvation, and uphold me with a willing spirit.

PSALM 51:10-12

Week
Eight
ATHEY WOMEN

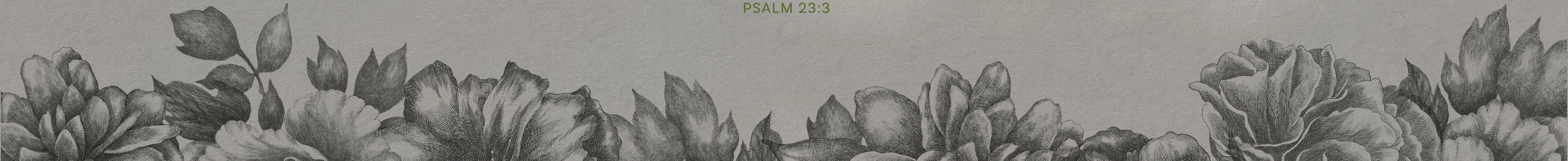


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He restores my soul. He leads
me in paths of righteousness
for his name's sake.

PSALM 23:3

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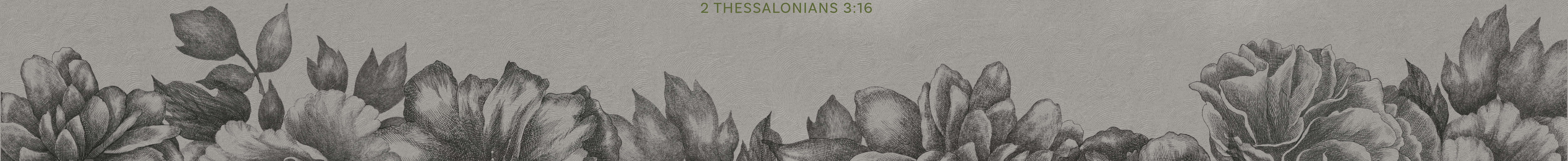


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Now may the Lord of peace
himself give you peace at all
times in every way. The
Lord be with you all.

2 THESSALONIANS 3:16

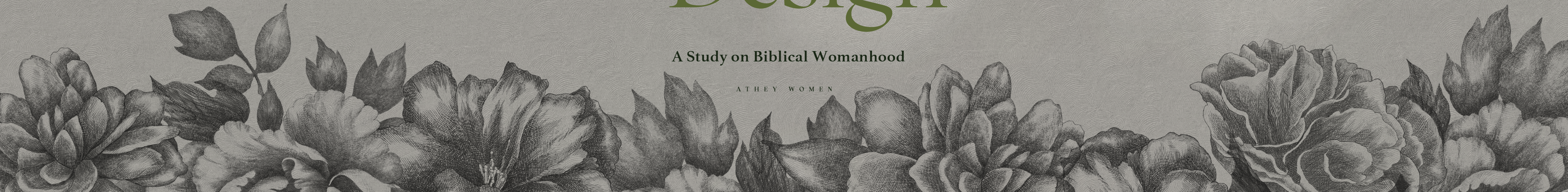
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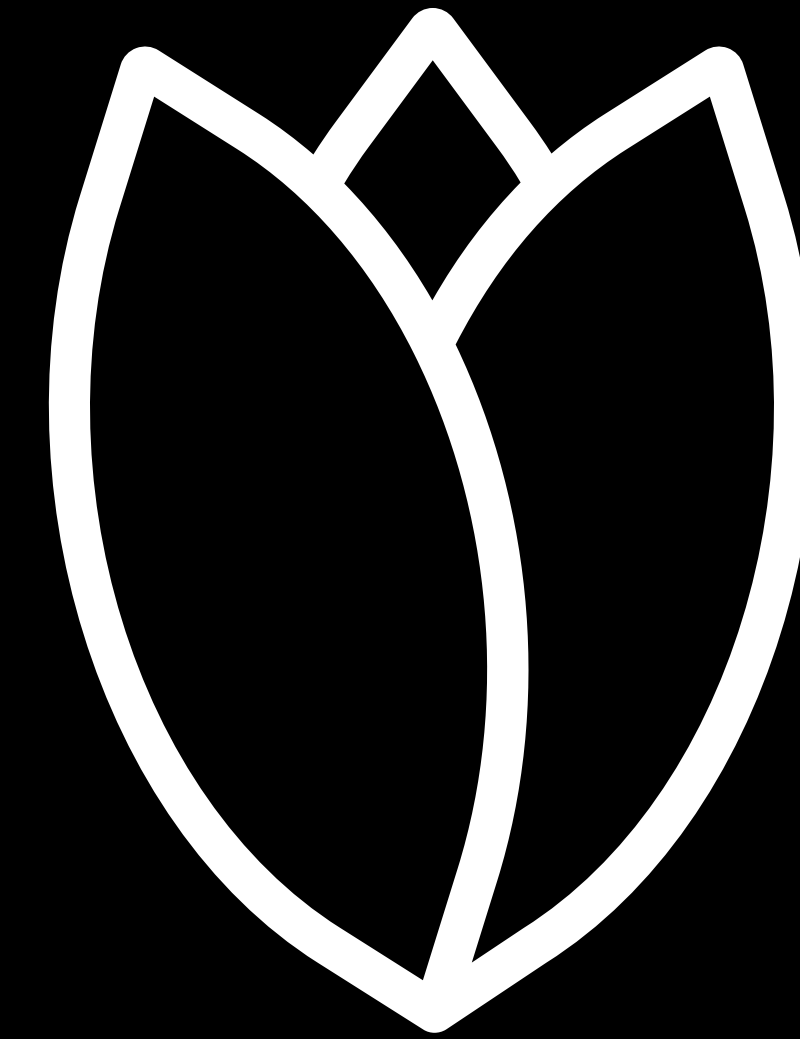


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