



THE REDEEMED CHRISTIAN CHURCH OF GOD
CHRIST THE LORD PARISH
LAGOS PROVINCE 20
LEKKI PHASE 1

DIGGING DEEP: TUESDAY 21ST JULY 2026

THEME: DIVINE REST.

TOPIC: THE FRUITS OF DIVINE REST

ANCHOR TEXT: Exodus 33:14: *“The Lord replied, ‘My Presence will go with you, and I will give you rest.’”*

Introduction

Divine rest is not primarily a place, a schedule, or an emotional state — it is the fruit of God’s Presence. In Exodus 33, Israel stands at a turning point after the golden calf sin, and God’s response to Moses is not a plan but a promise of Presence. Where the Presence goes, rest follows: rest is not the absence of trouble, but the by-product of walking with God. This study traces three fruits that grow out of that Presence-given rest.

Outline 1: Divine Rest Removes Fear And Weariness

Key Texts: Exodus 33:14; Matthew 11:28–30; Psalm 23:1–3; Isaiah 40:28–31

Moses had every reason to fear — leading a rebellious people into the unknown with no visible guarantee of success. God’s answer was not a strategy but a Person: “My Presence will go with you, and I will give you rest.” Fear grows where we imagine facing the future alone; weariness grows where we imagine we must produce results by our own strength. Jesus extends the same offer: “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28) — rest is found in coming to a Person, not merely stopping activity. Isaiah 40:31 completes the picture: those who wait on the Lord renew their strength. Divine rest does not remove the mountain ahead; it changes who is climbing it with you.

Outline 2: Cycles Of Defeat Ends With Divine Rest

Key Texts: Judges 2:11–19; Numbers 14:20–23; Hebrews 3:16–19; Hebrews 4:1–11

Judges records a repeating loop — sin, oppression, crying out, deliverance, sin again — a cycle that happens largely outside of rest. Each judge secures a season of peace, but the people drift back because that rest was never internalized as settled trust in God. Hebrews 3:19 diagnoses the root cause: “they could not enter in because of unbelief.” Hebrews 4 applies this to believers today: “There remains therefore a rest for the people of God” (4:9), urging us to “be diligent to enter that rest” (4:11). The way out of the defeat-cycle is not more effort, but entering rest by faith.

Cycle of Defeat	Divine Rest
Driven by unbelief	Established by faith
Externally imposed, temporary	Internally settled, sustaining

Cycle of Defeat	Divine Rest
Repeats — heart unchanged	Breaks the loop — trust replaces striving

Outline 3: Divine Rest Releases Us For God's Work

Key Texts: *Exodus 33:14–16; Genesis 2:1–3; Matthew 11:29–30; Hebrews 4:9–10; John 15:4–5*

In Exodus 33, God's promise of rest is immediately followed by Moses' insistence: "If Your Presence does not go with us, do not send us up from here" (v.15) — rest is the foundation that makes mission sustainable, not its opposite. This mirrors Genesis 2:1–3, where God rests on the seventh day to establish rest as the rhythm out of which work flows; humanity's first full day was a day of rest before any labor. Jesus' yoke is "easy" and His burden "light" (Matthew 11:29–30) — work done in partnership, not strain. Hebrews 4:10 says the one who enters God's rest "has also rested from their own works," laboring instead from abiding (John 15:4–5), which produces "much fruit." Divine rest is not withdrawal from service; it is the soil in which fruitful service grows.

Summary: The Three Fruits

Fruit	What It Overcomes	Key Verse
1. Removes Fear & Weariness	Anxiety, exhaustion, self-reliance	Matthew 11:28
2. Ends Cycles of Defeat	Repeated failure rooted in unbelief	Hebrews 4:11
3. Releases Us for God's Work	Burnout, fruitless striving	John 15:4 – 5

Closing Thought

Every fruit in this study traces back to the same root: Presence. God did not promise Moses a technique for rest — He promised Himself. The question each believer must answer is the same one implicit in Exodus 33: will we move forward on our own, or will we say with Moses, "If Your Presence does not go with us, do not send us up from here"?

Closing Prayer