



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

DIGGING DEEP: TUESDAY 14 JULY 2026

Theme: Divine Rest.

Topic: The Source Of Rest In A Restless World.

Text: Exodus 33:14

¹⁴ *And he said, My presence shall go with thee, and I will give thee rest.*

Introduction

The concept of Divine Rest is one of the mysteries hidden from ages and from generations, but now has been revealed to us: Col. 1:26. By "mystery" here, we mean God's redemptive plan through Christ, which was hidden in the Old Testament but is now revealed to believers through the work of Christ as revealed in the New Testament. The mystery which is now revealed to us is a profound theme that encompasses the revelation of God's redemptive plan for humanity. The Bible is a Christocentric Book but interestingly, the Old Testament written by Moses and the Prophets is Christ concealed while the New Testament is Christ revealed: Luke 24: 25-27: ²⁵ *Then he said unto them, O fools, and slow of heart to believe all that the prophets have spoken:* ²⁶ *Ought not Christ to have suffered these things, and to enter into his glory?* ²⁷ *And beginning at Moses and all the prophets, he expounded unto them in all the scriptures the things concerning himself.*

MEANING OF DIVINE REST

In Genesis 2:2-3 it is written that *"..on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made"*. The rest here does not mean 'rest' because of tiredness emanating from exertion. Isaiah 40:28 tells us that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, and neither is He weary. So, God was not resting because He was tired after a six-day work! God is omnipotent. Divine rest means God's rest and God's rest is a typology for the 'finished work' and the rest in Christ for believers who are relieved of works when they believe in Christ. The rest in Genesis 2:2-3 therefore points to the ultimate rest in Christ. This is better explained in Hebrews 4:1-7. See Psalm 95:11. In Luke 6:5 Jesus said *'That the Son of man is Lord also of the sabbath'* and in Mark 2:27, He said *The sabbath was made for man, and not man for the sabbath*. By these, Jesus was further expounding that, just as the Sabbath day was originally instituted to give man rest from his labours, so did He come to provide us rest from labouring to achieve our own salvation by our works. By His sacrifice on the cross, we can now forever cease labouring to attain God's favour and rest in His mercy and grace. We just need to look up to Him. See John 3:13-14 and Numbers 21:8.

OUTLINE I

Divine Rest Comes From God's Presence

To have divine rest, one must constantly be in commune with God by having intimate and spiritual connection with Him through prayers, meditation, and faith. If we remain connected to God, divine rest comes from His presence because He will not forsake us: Exodus 33:14, Deuteronomy 31:8, Joshua 1:5, Isaiah 41:10, Psalm 94: 13-14. When divine rest comes to us from God we would be at peace, we would be still, we would be calm even in the face of adversity. To achieve this, one must constantly dwell in the

presence of the Lord and surrender to His lordship. Psalm 16:11, Psalm 27:4-5. Rest in Christ is summed up in Philippians 4:6-7: 6.

OUTLINE 2

Jesus Christ Guarantees Divine Rest.

Matthew 11:28-30 contains assurance from our Lord Jesus that we can have rest in Him if we come to Him. To find divine rest in Jesus, we must (i) come to Him, (ii) surrender our burdens to Him, (iii) take His yoke and learn of Him. Firstly, we come to Jesus by doing away with self-reliance and embracing His sufficiency. So, we come to Him by going to Him to drink when we are thirsty: John 7:37, Isaiah 55:1, John 6:37. *Jesus has made Himself available to all. The choice is for us to make. Luke 19:10. Secondly, we surrender our burdens to Him, when we believe and acknowledge that He is in control of all aspects of our life. We do this by casting all our anxieties on Him, and releasing to Him all our worries, and fears in the belief that He is able to deal with them in His own way and not necessarily in our way. 1 Peter 5:7, Psalm 55:22. Prayer is the key here: 1 Thessalonians 5:17: ***17 Pray without ceasing.*** 2 Corinthians 5:17, John 14:27, Romans 8:37. Thirdly, we take His yoke and learn of Him when we accept Him as lord and saviour and follow His commandments and pathway of love. The burden He has given us is not heavy. Two passages in the Bible clearly demonstrate these. The first is John 14:6-7. The second is to be found in Matthew 22:37-40. See also John 13: 34*

OUTLINE 3

Faith, Not Works Leads To Divine Rest.

Ephesians 2:2-9 teaches us that it is by grace that we are saved through faith and that it is not of ourselves, but it is the gift of God. So, it is not of works lest any man should boast. No man who believes that he is saved can boast that he is sinless after his salvation, but we have divine rest in Christ because of grace by which we are saved. 1 John 2:1-2 says: ***My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous: ² And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.*** The propitiation here means that Jesus took upon Himself the penalty for our sins through the shedding of His blood and His sacrificial death. This was necessary because without the shedding of blood, there cannot be remission of sins: Hebrews 9:22. So, we are relieved of our burdens when we put our faith in Jesus. Hebrews 4:9-10. (See the teaching above on meaning of divine rest). See also Isaiah 43:19, Psalm 23:2.

CONCLUSION

Divine rest is the state of peace, calmness, and fulfillment that comes from trusting God completely and living in His will. It is not the same thing as physical relaxation. It is freedom from fear, anxiety, striving, and the burden of trying to accomplish everything in our own strength. 2 Timothy 1:7 tells us that God has not given us the spirit of fear; but of power, and of love, and of a sound mind, and Romans 8:15-16 assures us that we have not received the spirit of bondage again to fear; but we have received the Spirit of adoption, whereby we cry, Abba, Father and by which we are the children of God.

For Discussion

"Come unto me all ye that labour.....". Are there select areas we should go to God, or is in every area?