



How to Live a Restful Life in a World That Has Normalized Stress

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September 6, 2026

Deuteronomy 5:12-13

“Observe the Sabbath day by keeping it holy, as the Lord your God has 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.

Purpose is why you do something.

Function is how you do it.

Ezekiel 20:20

20 Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the LORD your God.”

Real rest only comes through spiritual faith.

God wants to do something in you spiritually that allows you to rest physically.

1 Peter 5:7

7 Cast all your anxiety on him because he cares for you.

When you are faithful with what God has put in front of you, you can rest in him for the future.

You are responsible for faithful obedience.

God is responsible for the results.

To be able to rest in God, He has to be the Lord your God.