

Acts of Jesus, Lesson 41: The REST of the Story

Today in our study of Acts, we are going to take a look at the story of Eutychus — the patron saint of all who have fallen asleep in church.

Acts 20:7-12 --To add insult to injury, guess what the name Eutychus means: “**Fortunate!!**”

- As tempting as it is to use this passage to preach on the perils of Christians sleeping on the job, I am going to pursue a different vein.
- Instead of the tragedy of being spiritually asleep I’m going to speak to you about the necessity of something that Mr. Fortunate was badly in need of, **rest.**

1. **Too much rest is laziness but not enough is almost as bad — we are going to find that Jesus was very much in favor of the right rest.**

- We are all familiar with the rat race of life — just when we think we are getting ahead, along comes a faster rat ... we fail to recognize that **even if we win we are still a rat!!!**
- Good News: Jesus is in favor of rest.
- Rest is the main point of one of the 10 commandments.
- He often took His disciples away for a time of solitude and rest and we even find Him resting in the back of a boat that was about to sink.
- He best described the rest we need in **Matthew 11:28-30** (It’s a command!).

First, pay attention to what we are not told to do.

- ✓ We are not told that we need more leisure time.
 - ✓ We are not told that we need to take a vacation.
 - ✓ We are not told that we need bed rest.
 - ✓ We are not told to go to the church—the Body of Christ in all its greatness in ministry is not the place of refuge for the child of God.
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2. **There are at least four things that this passage teaches us about real Biblical rest:**

1. He is our only place of rest: O.T. picture of the N.T. believer’s experience in this world is that of wilderness wanderings.
 - Trackless wilderness — no water, not food, nothing green
 - The only nourishment they had, came from the Lord alone.
 - They could have drunk and eaten all the sand they wanted — it would have been filling but not nourishing.
 - Likewise, we live in a world that is a trackless wilderness — not one thing here that can truly satisfy us.
 - You can fill your life with all this world’s stuff, but it will not satisfy!!
 - We will only find what we need in the Lord alone.
 - The emphasis on this becomes even stronger as we consider what He says in **Verse 29.**
 - “Take My yoke upon you” = a yoke always implies two animals.
 - “You need to be with Me”, in other words.
 - It’s not the rest of just quitting that you need, it’s the rest of His empowering.
 - Christian, you need to take time to reconnect with Him---He is the only real place of rest.
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2. First of all, Connection; Secondly you need Direction.
 - The yoke implies this.
 - Simple rule of plowing is that the team goes in the direction of the strongest ox.
 - Jesus is certainly the strongest.
 - You can't be yoked to Him and go your own way.
 - This is what you need: **connection which will lead to direction.**
 - You can get awful tired going in circles.
 3. Connection, Direction which is enforced by Instruction.
 - "Come and learn from me".
 - Gentleness = strength under control --- all the world literally on His shoulders and was He never in a hurry, ever frayed, ever anxious.
 - Humility = Selflessness – so much of our tiredness comes from pursuing what we want, looking out for number 1.
 - The secret of energy is serving others and looking out for their own interests.
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