

## 2/16-22#5 Christ as the One Who Gives Us Rest:

I. "Matt. 11:28 Come to Me all who toil and are burdened, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am meek and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light": A To toil here refers not only to the toil of striving to keep the commandments of the law and religious regulations but also to the toil of struggling to be successful in any work; whoever toils thus is always heavily burdened. B After the Lord extolled the Father, acknowledging the Father's way and declaring the divine economy, He called this kind of people to come to Him for rest. C Rest refers not only to being set free from the toil and burden under the law or religion or under any work or responsibility, but also to perfect peace and full satisfaction. D To take the Lord's yoke is to take the will of the Father; it is not to be regulated or controlled by any obligation of the law or religion or to be enslaved by any work, but to be constrained by the will of the Father. E The Lord lived such a life, caring for nothing but the will of His Father; He submitted Himself fully to the Father's will; hence, He asks us to learn from Him: 1 The believers copy the Lord in their spirit by taking His yoke—God's will—and toiling for God's economy according to His model. 2 The Lord, who was submissive and obedient to the Father throughout His life, has given us His life of submission and obedience. 3 Christ was the first God-man, and we are the many God-men; we have to learn of Him in His absolute submission to God and His uttermost. 4 God is doing in us that which is well pleasing in His sight through Jesus Christ that we may be able to do His will; God operates in us both the willing and the working for His good pleasure. F To be meek, or gentle, means not to resist opposition, and to be lowly means not to have self-esteem; throughout all the opposition the Lord was meek, and throughout all the rejection He was lowly in heart. G He submitted Himself fully to the will of His Father, not wanting to do anything for Himself or expecting to gain something for Himself; hence, regardless of the situation He had rest in His heart; He was fully satisfied with the Father's will. H The rest that we find by taking the Lord's yoke and learning from Him is for our souls; it is an inward rest; it is not anything merely outward in nature. I We learn from the Lord according to His example, not by our natural life but

by Him as our life in resurrection. Eph. 4:20 But you did not so learn Christ, 21 if indeed you have heard Him and have been taught in Him as the reality is in Jesus. J The Lord's yoke is the Father's will, and His burden is the work of carrying out the Father's will; such a yoke is easy, not bitter, and such a burden is light, not heavy. K The Greek word for easy means "fit for use"; hence, good, kind, mild, gentle, easy, pleasant—in contrast to hard, harsh, sharp, bitter. L If we take the Lord's yoke (the Father's will) upon us and learn from Him, we will find rest for our souls; the yoke of God's economy is like this; everything in God's economy is not a heavy burden but an enjoyment.

II. In Exodus 31:12-17, after a long record concerning the building up of God's dwelling place, there is a repetition of the commandment to keep the Sabbath; according to Colossians 2:16-17, Christ is the reality of the Sabbath rest; He is our completion, rest, quietness, and full satisfaction: Exo.31:13 Speak also to the children of Israel, saying, You shall surely keep My Sabbaths; for it is a sign between Me and you throughout your generations, ...15 Six days work shall be done, but on the seventh day there is a Sabbath of complete rest, holy to Jehovah; whoever does any work on the Sabbath day shall surely be put to death. A The fact that the insertion concerning the Sabbath follows the charge for the building work of the tabernacle indicates that the Lord was telling the builders, the workers, to learn how to rest with Him as they worked for Him. B If we only know how to work for the Lord but do not know how to rest with Him, we are acting contrary to the divine principle: 1 God rested on the seventh day because He had finished His work and was satisfied; God's glory was manifested because man had His image, and His authority was about to be exercised for the subduing of His enemy, Satan; as long as man expresses God and deals with God's enemy, God is satisfied and can rest. 2 Later, the seventh day was commemorated as the Sabbath; God's seventh day was man's first day. 3 God had prepared everything for man's enjoyment; after man was created, he did not join in God's work; he entered into God's rest. 4 Man was created not to work first but to be satisfied with God and rest with God (cf. Matt. 11:28-30); the Sabbath was made for man, not man for the Sabbath. C Exodus 31:17 says, "In six days Jehovah made heaven and earth, and on the seventh day He rested and was

refreshed": **1** The Sabbath was not only a rest to God but also a refreshment to Him. **2** God rested after His work of creation was completed; He looked upon His handiwork, at the heavens, the earth, and all the living things, especially at man, and said, "Very good!" **3** God was refreshed with man; God created man in His own image with a spirit so that man could have fellowship with Him; man, therefore, was God's refreshment. **4** God was a "bachelor" before He created mankind; He wanted man to receive Him, love Him, be filled with Him, and express Him to become His wife; in eternity future God will have a wife, the New Jerusalem, which is called the Lamb's wife. **5** Man was like a refreshing drink to quench God's thirst and satisfy Him; when God ended His work and began to rest, He had man as His companion. **6** To God the seventh day was a day of rest and refreshment; however, to man, God's companion, the day of rest and refreshment was the first day; man's first day was a day of enjoyment. **D** It is a divine principle that God does not ask us to work until we have had enjoyment; after a full enjoyment with Him and of Him, we may work together with Him: **1** If we do not know how to have enjoyment with God, how to enjoy God Himself, and how to be filled with God, we will not know how to work with Him and be one with Him in His divine work; man enjoys what God has accomplished in His work. **2** On the day of Pentecost the disciples were filled with the Spirit, which means that they were filled with the enjoyment of the Lord; because they were filled with the Spirit, others thought that they were drunk with wine. **3** Actually, they were filled with the enjoyment of the heavenly wine; only after they were filled with this enjoyment did they begin to work with God in oneness with Him; Pentecost was the first day of the eighth week; therefore, concerning the day of Pentecost, we see the principle of the first day. **4** With God it is a matter of working and resting; with man it is a matter of resting and working. **E** In doing God's divine work to build the church, typified by the work to build the tabernacle, we must bear a sign to indicate that we are God's people and that we need Him; then we will be able to work not only for God but also with God by being one with God; He will be our strength to work and our energy to labor: **1** We are God's people, and we should bear a sign that we need Him to be our enjoyment, strength, energy, and everything so that we may be able to work for

Him to honor and glorify Him. **2** The Sabbath means that before we work for God, we need to enjoy God and be filled with Him; Peter preached the gospel by the infilling God, the infilling Spirit; therefore, Peter had a sign that he was God's co-worker, and his gospel preaching was an honor and glory to God. **3** As God's people, we must bear a sign that we rest with God, enjoy God, and are filled up with God first, and then we work with the very One who fills us; furthermore, we not only work with God but also work as those who are one with God. **4** In our speaking to God's people, we must always seek to bear a sign that our Lord is our strength, our energy, and our everything for ministering the word. **F** Keeping the Sabbath is also an eternal agreement, or covenant, that assures God that we will be one with Him by first enjoying Him and being filled with Him and then by working for Him, with Him, and in oneness with Him: **1** It is a serious matter to work for the Lord by ourselves without taking Him in and enjoying Him by drinking and eating Him. **2** As Peter was speaking on the day of Pentecost, he was inwardly partaking of Jesus, drinking and eating Him. **G** The Sabbath is also a matter of sanctification; when we enjoy the Lord and then work with Him, for Him, and by being one with Him, spontaneously we are sanctified, separated unto God from everything that is common, and saturated with God to replace everything that is fleshly and natural. **H** In the church life we may do many things without first enjoying the Lord and without serving the Lord by being one with the Lord; that kind of service results in spiritual death and the loss of the fellowship in the Body. **I** Everything related to God's dwelling place leads us to one matter—to the Sabbath with its rest and refreshment of the Lord; in the church life we are in the tabernacle, and the tabernacle leads us to rest, to the enjoyment of God's purpose and of what He has done! **J** The building work of the tabernacle and all its furniture (typifying the work of the Lord to build up the church) should begin with the enjoyment of God and continue in intervals with the refreshment by enjoying God; this will indicate that we do not work for God by our own strength, but by the enjoyment of Him and by being one with Him; this is to keep the principle of the Sabbath with Christ as the inner rest in our spirit.