

REDLINED • Week 1: Too Much, Too Fast, Too Long

Daily Briefing • Day 4 of 5 • Slaves Don't Get Days Off

WEEKLY MEMORY VERSE

Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.

Matthew 11:28-30

Sunday Jesus invited everyone who labors and is heavy laden to come to Him for rest. Today we look at where God first gave His people a day off, and why He did it. You can watch or listen to the sermon at 1mso.church or on the One Missoula app.

OPENING PRAYER

Heavenly Father, You brought me out of slavery; keep me from living like I am owned by another. Show me the "Pharaohs" I have let back into my life, and give me the faith to stop and trust You to run the world while I rest. Thank You for freedom in Jesus. In His name. Amen.

TODAY'S TEACHING

If you did not grow up with the Bible, here is the Old Testament backstory: God's people, the Israelites, spent generations as slaves in Egypt, where their lives were one crushing workload after another. When they asked for time to worship God, Pharaoh (Egypt's king) made it worse, telling his taskmasters, "You shall no longer give the people straw to make bricks," but keep the same quota, "for they are idle" (Exodus 5:7-8). Their request to stop got labeled as laziness, and the punishment was more work.

Then God sent a deliverer named Moses (pointing forward to Jesus as the ultimate Deliverer). With the ten plagues, God broke Pharaoh's grip and brought His people out. One of the first things He gave them as free people was a command to stop working one day a week. The word Sabbath comes from a Hebrew word meaning to "stop" or "cease." When God repeated the command later, He gave the reason plainly: "You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day" (Deuteronomy 5:15). In other words, God is saying: I am not your slave master, and you are not a slave, so live like it.

Slaves do not get days off. This is why you have to watch for new "Pharaohs" in the modern world. Nobody is standing over you with a whip. But the Pharaoh of culture keeps raising the quota, the Pharaoh of other people's expectations keeps taking away the straw, and the Pharaoh of your own ambition keeps labeling rest as "laziness." A person who cannot stop working is still living like they are in Egypt.

For some people, the biggest obstacle is seeing rest as weakness. The Bible starts somewhere else: "on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done" (Genesis 2:2). God was not tired or weak. He stopped because the work was finished and good, and because He answers to no one. Rest is not what weak people need. It is what free people get to do.

Christians disagree about which day to rest (Romans 14:5-6). But nobody who takes the Bible seriously thinks the answer is "none." Rest and gathering are not the same thing, but they are not competitors either. The early church gathered on the first day of the week (Acts 20:7), often while many of them still had to work. Both mattered.

Jesus says, "Come to me, all who labor and are heavy laden, and I will give you rest" (Matthew 11:28). You are not a slave anymore. The trick is getting your calendar to show your status.

READ & MEDITATE

Deuteronomy 5:12-15

Observe the Sabbath day, to keep it holy, as the LORD your God 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. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. ¹⁵ You shall remember that you were a slave in the land of Egypt,

and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.

Genesis 2:2-3

And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Read Deuteronomy 5:12-15 and notice who in the household gets to rest, and the reason God gives for it. Then read Genesis 2:2-3 and notice why God rested.

REFLECT

Reminder: honest introspection and Scripture-informed self-assessment are far more beneficial than self-delusion and wishful thinking.

Pharaoh kept raising the quota and taking away the straw.

Who or what has become a new “Pharaoh” in your life? A boss, a client, a coach, your parents, your own expectations, social media, the culture around you?

What is your new Pharaoh demanding from you that God never asked for?

Fill in the blank from Deuteronomy 5:15:

“You shall remember that you _____ a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm.” (Deuteronomy 5:15)

**These fill-in-the-blank questions use the ESV text. Your Bible may use different words for the same idea.*

Why does that one small word matter for how you think about rest?

Most people would say God is running the world while their calendars often say something else.

When did you last have a full stretch of time with no work, no errands, and no inbox? What filled it instead?

What do your calendar and your habits say about who you believe is running the world?

God rested because the work was finished and good, not because He was weak.

Where have you been treating rest as weakness or laziness, in yourself or in someone else?

Some Christians rest on the last day of the week, when the work is done. Some pair rest with gathering on Sunday. Paul says some esteem one day above another (Romans 14:5). If you want to study it further, start with Exodus 20:8-11; Mark 2:27-28; Acts 20:7; Romans 14:5-6; Colossians 2:16-17; Hebrews 4:9-10; 10:24-25.

Pick a weekly block of real rest. What day and time, what will fill it, and what is off-limits?

Who will you tell about it so it actually happens? Do some honest introspective self-assessment before moving on.

PRAYER

Write your prayer or pray out loud. God's ear is not dull. Talk to Him like He is listening and wants to hear from you.

MEMORY VERSE

Write or recite Matthew 11:28-30 from memory:
