

Acts of Jesus 43 The REST of the Story notes
In our study of Acts, we are going to look at the story of Eutychus—the *patron saint of all who have fallen asleep in church.*

Acts 20:7-12

--Having been hit with the sleep bug on several occasions in church, I can't help but chuckle at this story

Practically every sermon or commentary I looked at in researching this sermon used this story as a jumping off place to talk about the sleeping Christian—"asleep while the world is going to Hell."

--While that is certainly one application of this passage, I can't help but feel sorry for old Eutychus

--Could you stay awake through a 7 or maybe 10 hour sermon?

--To add insult to injury, guess what his name means: "**Fortunate**"

--Like the one-eyed, three legged dog named "**Lucky**"!

As tempting as it is to use this passage to preach on the perils of Christians sleeping on the job and as good as the title "**YOU SNOOZE YOU LOOSE**" might sound to me.

--I am going to pursue a different vein this evening.

--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!**

--We are like the proverbial dog tied to the bumper of a moving car—we want to stop but circumstances just won't let us.

--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 **Matt. 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.

2. There are at least four things that this passage teaches us about real Biblical rest:

1. He is our only place of rest: A good Old Testament picture of our New Testament lives is the wilderness wanderings of Israel.

--A trackless wilderness—no water, not food, nothing green.

--The only nourishment they had came from the Lord alone.

--They could have 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 **V. 29**

- "Take My yoke upon you" = a yoke always implies two animals.
- "You need to be with Me" is the point He's making.
- Notice something else: He doesn't say "take My hammock upon you"
- He's hitching you up to a different load.

You may think, **"This is the last thing I need"** -- Let's evaluate:

1. You are in the rat race pulling your own load by yourself – a yoke built for one, powered by nothing but your elbow grease.
 2. Jesus invites you to lay aside that yoke and be harnessed to Him powered by His omnipotence (**V. 30**).
- 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.

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 ever 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.

Old Eutychus reminds us that without good Biblical rest we are in for a fall.

But even when we do, he reminds us that the consequences of that fall are not beyond the grace of God.