

# **Rest and Reward**

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## **Introduction**

The concept of rest is communicated by several Greek words: *anapauō*, *anapausis*, and *sunanapauomai*. The first, a verb, means “to give rest, give intermission from labor, by implication, refresh.” The second, a noun, means “cessation (of activity), i.e., rest.” The third, a compound verb, means “to relax in someone’s company.” Let us consider the 18 collective occurrences of these words in the NT, seeing their physical and spiritual usage, and applying the varied lessons they communicate.

## **Physical Rest**

The desire for physical rest may reflect commendable effort (Mark 6:7-13, 30-32). By the same token, it may also manifest neglect or misplaced priorities (Matt. 26:36-46; Mark 14:32-42; Luke 12:13-21).

## **Spiritual Rest**

Spiritual rest comes through divine relationships, primarily with Jesus Christ (Matt. 11:25-30), and secondarily, with His faithful followers (Rom. 15:30-32; 1 Cor. 16:17-18; 2 Cor. 7:5-16; Phile. 1-7, 17-20). Although heaven is a place of continuous praise (Rev. 4:8-11), it is also a place of restful patience (Rev. 6:9-11) and eternal reward (Rev. 14:12-13).

## **Conclusion**

In contrast with the bliss of heaven, consider the restlessness of Satan’s servants (Matt. 12:43-45; Luke 11:24-26; Isa. 57:20-21), and the sleepless suffering of eternal torment (Rev. 14:11). Taking advantage of God’s provision, will you not wear the name of Christ, and willingly suffer for His cause, so as to avoid the fate reserved for godless men and sinners (1 Pet. 4:12-19)?