



## FCA Wrestling – Team Huddle

### Week 16: “The importance of Rest” (Matt. 11: 28 - 30)

Dan Gable was quoted as saying “There is no such thing as overtraining.” What he was getting at was the fact that the body can go further than the mind thinks it can. This is a very true statement, but it is important for you to get sleep so your body can repair itself.

Even God Himself took a day of rest, after finishing the work of His creation (Gen. 2: 1-2), He took off a full day. And He set up the same system for the people of Israel, that they should work all week, and take one day of rest per week. Imagine always having to train hard all day, 6 days per week, and only being able to stop training for one 24-hour period each week. That’s what the nation of Israel had to do.

In Matt. 11: 28-30, Jesus said; “**Come to Me, all you who are weary and burdened, and I will give you rest...and you will find rest for your souls**”. This certainly must have intrigued the Jews when Jesus told them He could be their rest. That would be great news, right? He told His disciples that those who were trying to make up for their sins through ‘good works’ could come to Him, to find rest for their souls. The Jewish sacrificial system, and all their ‘good works’ could not solve the problem of their sin, nor the burden of their souls. Jesus told them only He could give them the rest and peace they needed for their souls. He was the only solution for their “problem of sin”.

**Just like a wrestler’s body needs rest, our souls need rest.** Today, Jesus is still the only solution for the “sin problem” we all have. Many people think they can please God with their good works, but they fail to realize that even our good works are like filthy rags to God (Isaiah 64:6). Our ‘good works’ cannot match the holiness of God, because we are sinful by nature. **All God wants from us, is our heart.** And that is all we can give Him. Give Him your heart every day, and spend time alone with Him in prayer and Bible study. The better we get to know Him, the more we will become like Him.

### Thought Questions:

1. How good are you at taking care of yourself and getting enough physical rest?
2. Where do you turn, to find rest for your soul? (Are you relying on the shallow things of this world to give your soul rest? Are you trusting in your “works” to earn God’s favor?)
3. Or, are you learning to trust in the finished work that Jesus did upon the cross, when He died to pay the penalty for our sins?
4. If you are resting in Jesus, how could you share this good news with others?

**CLOSE WITH A SHORT PRAYER**