



When the Shepherd Rests

Solid Rock Church

Exodus 18:13–27



- Not a Crisis
- Not a Vacation

Feelings

- Excited or hopeful
- Uncertain or anxious
- Even fearful





The Problem

Exodus 18:17–18

“You and the people with you will certainly wear yourselves out... You are not able to do it alone.”

Physical recovery

Spiritual refreshment

Family investment

Prayer & Scripture



Biblical Rest

- **Genesis 2:2** “God rested on the seventh day...”
- **Exodus 20:8** “Remember the Sabbath day, to keep it holy.”
- **Mark 2:27** “The Sabbath was made for man...”



The Pattern

- Exodus 18:21 “Look for able men... men who fear God... and place them over the people.”
- “You will be able to endure” (v. 23)

God's Design

- **Ephesians 4:11–12** “...to equip the saints for the work of ministry.”
- **Ephesians 5:23** “...Christ is the **Head** of the church”



The Practice

1. Gather **faithfully**
2. Serve **actively** with your gifts
3. Support leadership **cheerfully**
4. Pray **persistently**
5. Deepen your walk with **Christ**
6. Prepare a **joyful** welcome



Jesus is the Chief Shepherd (1 Peter 5:4)

**“Come to me... and I will give you rest.”
(Matthew 11:28)**