

ARTICLE

ON WORK AND REST

PRAYER SPOTLIGHT

KARIS MINISTRY

# FBCToday

UNLEASHING THE GOSPEL



## ON WORK AND REST

May is the time of year where many of us may feel... trapped, caught up in a seemingly endless grind. The months are going by fast, yet the holiday seasons are a long way off. In the monotony of the day-to-day, it can be tempting to lose our joy and motivation in the work that we do.

However, work is a divine calling, and so is rest. God has called us to the rhythm of work and rest; they go hand in hand. And He has set the rhythm for us since creation began:

"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."  
 (Genesis 2:3, ESV).

**NEXT WEEK'S SERMON**

11 May 2025  
 Embracing Our Freedom in Christ  
 Galatians 3:19-29

Preacher  
**Brandon Wong**





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God did not need the rest. He is omnipotent, infinite in power and strength. He never grows tired or weary. And yet, He rested. One thing is clear - God's rest was intentional, deliberate, as was His work. And He meant for us to follow suit.

In Leviticus 23, the rhythm of work and rest was a clear commandment to the Israelites: "There are six days when you may work, but the seventh day is a day of sabbath rest... You are not to do any work; wherever you live, it is a sabbath to the LORD." (Leviticus 23:3 NIV)

In a culture that glorifies productivity, our value is often determined by what we accomplish. Rest is seen as a hindrance, and business a badge of honour in the rat race of success. But God sees things very differently.

**Our merit comes not from accomplishments nor endless striving. Instead, we work and achieve *because* God gives us our worth, and we labor for Him.**

Our tiredness reminds us that we are but human and are in constant need of God.

While our faith frees us from needless striving, balancing work and rest is much easier said than done. Reflecting on my days, even though my life is full, I wouldn't place myself near the top of the 'busyness scale.' As a young adult - unmarried and residing with my parents, who remain wonderfully active and continue to support our family, I don't have childcare and caregiving commitments on my plate. At least 90% of my time and energy is devoted to my work as a dietitian: meeting with clients, managing programs, delivering trainings, and so on. The rest is spent being a daughter, sister, and friend.

Although my load seems light compared to many, I still find myself overwhelmed with work, and never having enough energy to do all that I desire. I want to serve my family better by taking over more home-keeping duties. I long to avail a listening ear more readily to others. I wish to grow in serving our community, in and outside church. However, with just 24 hours in a day and such finite ability, these intentions remain unmet.



The truth is, we are unable to thrive as God intends us to, unless we take regular pit stops to rest in Him. True rest must be lifegiving and renewing. This involves more than physical rest; indeed, many of us would find a drastic improvement in our days if we were to just get enough sleep. However, our mental, emotional, and spiritual fuel are also often exhausted by the end of each day. For many of my peers, mental rest takes place on our devices as we scroll through social media. This escape, while easy and instant, often left me feeling empty and drained at the end, and worse-still, guilty over wasting precious time. God tells us there is a better way:

**"Come to me, all who labor and are heavy laden, and I will give you rest. 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."  
Matthew 11:28 to 29 (ESV)**

True and deep rest is found at the feet of Jesus. He calls to those chasing achievements and striving so they might be approved by society. He invites those consumed with anxiety and worry to come to Him. His rest is unlike any comfort this world could give.

God's grace has shown me this firsthand. I recently went through an exhausting season at work, packed with travelling while handling office matters offsite. Most nights, I numbed my stress with entertainment, scrolling through Instagram for some mental relief from the day. Compared to seeking time with God, unlocking my phone with a simple swipe seems infinitely easier. By the end of the week, even though I've accomplished all my duties, I felt utterly drained, empty, and guilty of having neglected time with God.

When I finally sought out that quiet space with the LORD, He met me through His Word. I happened to be reading through Isaiah for Easter week and found the Word of God deeply refreshing to the soul, His Gospel truths deeply satisfying, nothing like social media could ever give.



Rest does not just happen, it must be intentional. Resuming my daily rhythm of rest was the best decision I made since returning home. This takes place an hour before work in the back of my office pantry, where the early morning solitude allows me to open my Bible, quiet my thoughts, and be still in God's presence. In that short time with God, I have found Him to be Wonderful Counsellor, the giver of Comfort, and indeed a fountain of wisdom and strength. I have experienced Psalm 19:7 - His Word a river of refreshing waters, His Truths renewing the weariness of the soul. The social entertainment so easily accessible becomes so empty and trivial in light of Him.

The intentional daily rhythm of resting and delighting in God has enabled me to labor for Him with continued joy. Though I easily go astray from this rhythm, He faithfully led me back to Him. I pray that, as we consider work and rest in this season, you may find this rhythm for your lives too.

**Dear Father,**

*We praise You because Your promises are true. You see our emptiness and burdens when no one else does, You know exactly what we need. When we are drained, restless and anxious, draw us to Yourself and give us the rest, renewal and healing that only You can. When we run to other things for comfort, remind us that we should come to You. You are more than enough for us. In Your Name we pray, **Amen.***



**By Joo Yee**

*Joo Yee attends GG Lifegroup*





## PRAYERSPOTLIGHT

### A HEARTFELT PRAYER FOR KARIS MINISTRY

We come before You with grateful hearts, lifting up Karis Ministry into Your loving hands. Lord, we pray for its healthy growth—spiritually, relationally, and numerically. May every member be rooted in Your Word, growing in faith, love, and obedience to You.

Father, knit the hearts of the members together in unity. Fill them with Your love so they may care for one another deeply, bearing each other's burdens, encouraging one another, and reflecting Christ's compassion in all they do.

Lord, we also pray for the seekers. Draw them to Karis Ministry, and open their hearts to receive Your love. Remove any barriers of doubt, fear, or past hurts, and let Your Holy Spirit convict them of their need for Jesus as their Lord and Savior.

Grant the leaders and members wisdom, boldness, and sensitivity as they share the Gospel. May their lives testify to Your transforming power, drawing many into Your kingdom.

Lord, be glorified in Karis Ministry, and let Your will be done.

In Jesus' mighty name, we pray, AMEN