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# Rest vs Laziness

By Jessé Joy Kleintjies

Are you resting or are you lazy?

Oef! I know, right!? This is a question God asked me, and I want to ask you the same question... But, before we get there, let me share with you what God has been showing me. There is distraction in the air - and it is disguised as 'rest'. A counterfeit 'rest' that does not fill - it sucks life and purpose. People are leaving their post in the name of 'rest'. In this season, God wants to redefine rest & shift perspectives so that cycles do not continue. So that those cycles do not flow into the new that God has for you. There is a new rest, a God-given rest that He wants us to enter into.

This rest is actually found in the place that we are running away from. We may not even know we are running away from it, but it's found there.

What is that place for you? Is it serving? Is it being silent? Is it being alone with God? In order to enter into that rest, it will actually take work. It is not passive at all. I saw this image of getting out of shackles or layers of old clothes... it takes work to get out of those, even if they are loosed. So, God has loosed us but we need to do the work to take off those old things, those old ways of thinking or being. That's how we partner with the new perspectives and mindsets. That's what we need to do before we enter into rest - His rest, what He has in mind. What He has had in mind all this time...



It takes spiritual discipline to enter rest and remain there. Spiritual discipline is work - any discipline takes work. But it's spiritual discipline that will pave the way for that rest. A healthy rest. Not laziness.

Rest is not laziness.

God's rest is:

- God-given
- filling
- fruitful
- productive
- awarded
- life-giving
- intentional

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## Laziness is:

- man-given
- draining
- unfruitful
- unproductive
- taken
- life-sucking
- reckless

So I asked God... how do we not fall into laziness in the name of 'rest'?

He said:

"Don't just give yourself leave and drop everything you are carrying - even for a moment. It's business as usual until I show you what's next"

He gave me the image of Bishop T.D Jakes who is currently on vocal rest for a while, but the Bishop just closed a huge deal where over 300 of his sermons will be airing 24 hours a day, in 180 million homes all over the world. He is speaking without even using his voice. That's what God's rest looks like. When we rest, we don't drop what we are responsible for, we make sure those things are still fruitful even while we rest.

Our hard work doesn't stop now - it actually never stops. It is a lifestyle - it just looks different from season to season. Rest is hard work. It takes focus to truly rest. It doesn't mean switching off our brains. The kingdom of God doesn't go on holiday in December... Our rest and resting time can still minister to others - we just have to be open to receiving what that looks like.

I heard God say; "I said REST, not be lazy".

Resting isn't laziness. Laziness gives access to the enemy.

Which led me to sloth, one of the 7 deadly sins. Sloth is the failure to do things that one should do.

15 Slothfulness casts one into a deep sleep, and the idle person shall suffer hunger.

16 He who keeps the commandment [of the Lord] keeps his own life, but he who despises His ways shall die.

Proverbs 19:15-16 (AMPC)

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I looked at different translations for the words associated with slothfulness (laziness) and this is what I found: Idle, negligent, leads to death, unmindful of lost opportunity, careless, passive... This is the fruit of living a lazy life. We are called to live a life of DILIGENCE (careful and persistent work or effort). So, going back to the question God asked me, and that I pose to you... Are you resting or are you lazy? This is an opportunity to be honest with yourself, and with God, and to exchange what the world offers, for something better. For God's idea.

If you want to enter into that rest and be intentional while resting, I invite you to pray this prayer with me:

Thank you for who you are God, that you would pursue  
me and align me.

Thank you for this moment God, to be so honest with  
you.

Lord, I need you. I can't do anything without you - I  
can't even rest without you! I need you.

Lord, I lay down all my perspectives and ideas about rest.  
I lay it at your feet.

Please show me how to enter into the rest that you have  
for me. Please give me strategy to remain fruitful, even  
while I rest. God, I trust you. I pray that You will have  
your way in me.

In Jesus Name, Amen.

Sis, may your rest be fruitful and your life be overflowing with God's goodness!