

How to Live Calmer Lives through God's Rest

We have been frantic for so long yet God I believe is calling us to a higher place a place of rest. This I believe is God's big message to us at the moment. **Matthew 11:28**

1. We become weary and burdened because we react to problems wrongly – what do we do? We panic, and worse we justify it.
 - a. Consider why we get ourselves into a worn-out state, think of leaders who burn themselves out because of their important ministry.
 - b. Our culture pushes us more and more towards busyness.
 - c. What is the outcome of a lack of rest? Answers please... Grumpy, stress, insecurity, sleep problems, mental issues, relationship problems, bad witness.
2. What example did Jesus give? **Luke 5:16**
 - a. Were busy because were self-important – there was no one like Jesus who could have had such an impact. Why wasn't he preaching to the mass crowds, or gathering all the sick for mass healings?
 - b. He knew what he was to do, then would withdraw - silence and solitude. If he needed it then we certainly do.
3. What does God look for from us? - He expects us to understand who he is and respond accordingly, so who is he?
 - a. He is sovereign God - in absolute control.
 - b. He is our protector - when we walk with him no one can touch us apart from his will. **Luke 4:28-30**
 - c. He really cares - I love as a father imperfectly, I give discipline and challenge but I always want the best for them. **Matthew 7:11**
 - d. A God who thinks were important – do not worry about tomorrow... **Matthew 6:25-34**
4. So how should be respond to difficult situations?
 - a. We understand were safe - so we stay calm.
 - b. Pull back from activity to complete rest - to do this you have to exercise faith, hold your nerve it's like playing chicken, you want to swerve but you mustn't. **Psalm 37:1-10**
 - c. Just lie down and listen - no frantic bible reading or praying in your quiet times to do your bit. No, simply come and listen, the rest will follow. I've have whole streams of prophetic words after calming myself before him.
 - d. Keep a day of rest – an important principal, your mind and body can't keep going continually. We hold to keeping Saturdays free, without it our marriage and kids could suffer. God expects us to look after our families, not blow them out for church.
 - e. Only do what we believe God is telling us to do - essentially don't get caught up in a whole load of good works God doesn't have for you. Then expect him to understand how busy you are.
 - f. Take action in complete calm - look how Jesus did his miracles. This is key.
5. Are there any conditions?
 - a. Have to be walking with him - **John 15:5**
 - b. Keep yourself clean - knock back the persistent sin that gets in the way.
 - c. Can't be passive – It's going to take work, just like dieting or exercising. **1 Peter 3:11**

It's all about the rest – all fruitful activity comes from this place; it was the way Jesus did it.

Scriptures

Matthew 11:28

“Come to me, all you who are weary and burdened, and I will give you rest.

Luke 5:16

‘But Jesus often withdrew to lonely places and prayed’.

Luke 4:28-30

²⁸ All the people in the synagogue were furious when they heard this. ²⁹ They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. ³⁰ But he walked right through the crowd and went on his way.

Matthew 7:11

If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

Matthew 6:25-34

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. ²⁹ Yet I tell you that not even Solomon in all his splendour was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Psalms 37:1-10

Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.

John 15:5

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

1 Peter 3:11

They must turn from evil and do good; they must seek peace and pursue it.