

RESTING IN THE LORD

By

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GOD INTENDS FOR US TO LIVE FROM PLACE OF REST

Hebrews 4:1-3 (English Standard Version)

4 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³ For we who have believed enter that rest, as he has said,

“As I swore in my wrath,
‘They shall not enter my rest,’”

although his works were finished from the foundation of the world.

WHAT WE LEARN

We found rest through the goodnews

If we are to enter into rest, we ought to, out of love:

- **Reverence God**
- **Unite God's promises with faith**
- **Come to believing**

PRINCIPLE OF FIRST MENTION

What is rest?

There remaineth, therefore, a rest to the people of God. 10 For he that is entered into his rest, he also hath ceased from his own works, as God did from His.(Hebrew 4:9-10)

“And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.” (Gen 2:2; KJV)

The word rest is from the Hebrew “vai-yish-bot” which is translated “to cease, desist, rest”

Rest is to cease from one’s own effort. Disposition of calmness no matter what we go through

WHY DID GOD REST ?

- God rested because He found (Man) to continue His work (Gen 1:26-31;)
- Man was design to work which was extension of God's work
- God resume His work till date because of fall of man (John 5:17)

John 6:27-29 (LEB)

27 Do not work for the food that perishes, but the food that remains to eternal life, which the Son of Man will give to you. For God the Father has set his seal on this one.”28 So they said to him, “What shall we do that we can accomplish the works of God?” 29 Jesus answered and said to them, “This is the work of God: that you believe in the one whom that one sent.”

3 LEGITIMATE QUESTS

The Song of Solomon 1: 5-8(LEB)

⁵ I *am* black but beautiful, O maidens of Jerusalem,
like the tents of Kedar, like the curtains of Solomon.

⁶ Do not gaze at me because I am black,
because the sun has stared *at* me.

The sons of my mother were angry with me;
they made me keeper of the vineyards,
but my own "vineyard" I did not keep.

⁷ Tell me, you whom my *heart* loves,
where do you pasture your flock,
where do your sheep lie down at the noon?

For why should I be like one who is veiled
beside the flocks of your companions?

⁸ If you do not know, O fairest among women,
follow *the tracks* of the flock,
and pasture your little lambs beside the tents of the shepherds.

JEREMIAH 6:16 (ESV)

¹⁶ Thus says the LORD: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls. But they said, 'We will not walk in it.'

JESUS' ANSWER (REMEDY)

Matthew 11:25-30 (Lexham English Bible)

A Yoke That Is Easy

²⁵ At that time Jesus answered *and* said, “I praise you, Father, Lord of heaven and earth, because you have hidden these *things* from the wise and intelligent, and have revealed them to young children. ²⁶ Yes, Father, for *to do so was your gracious will*. ²⁷ All *things* have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and *anyone to whom* the Son wants to reveal *him*. ²⁸ Come to me, all *of you* who labor and are burdened, and I will give you rest. ²⁹ Take my yoke on you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke *is* easy to carry and my burden is light.”

REST OF SALVATION

Matthew 11:28 (ESV)

28 Come to me, all who labor and are heavy laden, and I will give you rest.

- ❖ When we come to Jesus we find rest. In our salvation we rest from heavy burdens of weight of sin.
- ❖ God takes that load from us and grant us freedom.(Eph 2:1-5)

Hebrews 8:12 (ESV)

12 For I will be merciful toward their iniquities, and I will remember their sins no more.”

- ❖ we first come to rest when we acknowledge that God has not only forgiving our past sins but has also chosen not to count them against us .

REV 12:10-11

REST FOR OUR SOULS

Matthew 11:29 (ESV)

29 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.

- Yoke is His will. You must be ready for the will of God if you will find rest for your soul.

We find rest for our soul when:

- When we recognize God cares for our lives (Mat 10:29; Luk 12:6)
- We find and walk in the will of God (Psa 32:8)

How Jesus reveal the Father to us

1. Formative trusting in the Father's Love

1 John 3:1

3 See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.

1 John 4:18

18 There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

Romans 8:31-39

32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

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2. Formative trusting in the Father's Character and promises

- He will provide our needs (Matt 6:23-33)
- Jesus has overcome the world (Jn 16:33)
- He is with us even when in the storm (8:23-25)

REST FOR OUR SOULS

JEREMIAH 6:16 (ESV)

¹⁶ Thus says the LORD: “Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find **rest for your souls**. But they said, ‘We will not walk in it.’

Illustration: God’s call to Moses

Exodus 4:4-4

4 Then Moses answered, “But behold, they will not believe me or listen to my voice, for they will say, ‘The LORD did not appear to you.’” ² The LORD said to him, “What is that in your hand?” He said, “A staff.” ³ And he said, “Throw it on the ground.” So he threw it on the ground, and it became a serpent, and Moses ran from it. ⁴ But the LORD said to Moses, “Put out your hand and catch it by the tail”—so he put out his hand and caught it, and it became a staff in his hand—

REST FOR OUR SOULS

- The staff represents Moses efforts and hard labour
- Catching it by the tail is God asking him to risk everything he has done so far by his own effort and give it Him

To find rest in this life is to give back our pursuits(profession, academics, relationship, finances, ministry) to God and let him turn it to His way and hand it back to us.

- Moses ordinary staff became a miracle and wonder working staff when handed for God's use(Exo 9:23; 10:13; 14:21,27;)
- We are not at rest in life because we are doing everything by our own effort and strength.

REST OF FELLOWSHIP

Mark 1:35 (ESV)

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

- Jesus prioritize His fellowship with the Father than any other thing.
- Man was made for God and your fellowship with the Lord is the foundation of every aspect of your life.
- How to enter into rest in our fellowship is to develop the life of first priority of fellowship with God daily.
- Before you talk to anyone, talk to Jesus first. Talk to the Holy Spirit.
- Develop this fellowship to help you find rest in the midst of tomorrow's busy tasks.
- Waiting is key if we will enter into rest in fellowship(Matt 3:17; 17:5; Luke 24: 49; Acts 1:4 ; 2: 1)

REST OF PRAYER

Romans 8:26-27 (ESV)

26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. 27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

We come to rest of prayer when:

- When we grow in praying in the Holy Spirit
- Prayer becomes a lifestyle such that we pray no matter the circumstance

Hebrews 4:1 (ESV)

4 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.

Hebrews 3:19 (ESV)

19 So we see that they were unable to enter because of unbelief.

Num 13:26-30;14:28;Ps 95:7-11

- **We rest in faith** when appropriate the promises of God in our lives
- **Unbelief** is major hinderance from receiving the promises of God
- Trust and rest of faith gives more than our efforts

BENEFIT OF RESTING IN LORD

- Joy
- Possessing all that God has in store for you
- Liberty
- Calmness in the midst of life challenges
- Know God and His ways
- Become effective witness of Christ

SUMMARY

- **We come to Rest when we cease from own effort and allow God to work in us to fulfill His desire**
- **God designed our work as extension of His—to reveal his Glory—which is Christ**
- **We rest in our Salvation when recognize God has not only forgiven us but also chosen not to count our sins against us**
- **We find rest for our souls when find and embrace Jesus' Yoke(His will)**
- **We rest in fellowship when we give our intimacy with God first priority**
- **We rest in prayer when we rely on the Holy Spirit in prayer**
- **Trust and Rest of faith accomplishes more than our efforts**
- **Rest in God accomplishes for us: joy, liberty, appropriating of God's promises in our lives, calmness in midst of challenges, better witness of Christ.**
- **May we find rest in the Lord.**