



PEACE of mind

Rest For Your Soul

Pastor Nick Dekold - July 23, 2023

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7

We are busier than any other generation we have seen in the last three to four hundred years. We are so busy. And we think because we're busy, we're effective. Are you really being effective, or is your life cluttered with all kinds of stuff that demands you, and drains you, and taxes you, and stops you from being your highest and best self?

- Bishop T. D. Jakes

Our issue is not the presence of busyness, tiredness and stress...our issue is the absence of rest

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

Psalms 127:2

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30

REST IS GREATER THAN SLEEP
REST IS MORE THAN TIME OFF
REST IS BETTER THAN ESCAPE

Escapism - an intentional detachment from the real world to obtain distraction and relief from our current realities.

On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Genesis 2:2-3

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

Psalms 23:1-3 NIV

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"Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Exodus 20:8-11

So then, there remains a Sabbath rest for the people of God,

Hebrews 4:9 ESV

Pride goes before destruction, and haughtiness before a fall.

Proverbs 16:18

AN INVITATION TO REST

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works,[a] just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Hebrews 4:9-11

1. DON'T IGNORE THE CALL TO REST

God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it.

Hebrews 4:1-2

Be careful, or your hearts will be weighted down with dissipation, drunkenness and the anxieties of life, and that day will close on you like a trap

Luke 21:34

2. BEGIN A RHYTHM OF REST

- *Spend Time With God Daily* (Matthew 6:11 - Give us today our daily bread...)

- *Honor The Sabbath Weekly* (Mark 2:27 NLT - "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath)

- *Get Away Annually*



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SABBATH:

- Not working for wages
- Not competing for rewards
- Making time to relax and do nothing
- Playing with the family
- Taking leisurely strolls
- Enjoying meals with friends and family
- Attending religious services
- Reading and Prayer
- Lovemaking with your spouse

Does it replenish me physically?

Does it restore me emotionally?

Does it renew me spiritually?

Using a dull ax requires great strength, so sharpen the blade. That's the value of wisdom; it helps you succeed.

Ecclesiastes 10:10

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30 MSG