

ENTERING THE REST JESUS PROVIDES

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INTRODUCTION

- Perhaps you know someone who was constantly tired until they received treatment for **sleep apnea**. The body is not getting enough oxygen.
- Did you know that our **soul** needs rest, too?

Our soul has three working parts:

1. Our mind, which is our "**thinker**,"
2. Our emotions, which are our "**feeler**," and
3. Our will, which is our "**chooser**."

Our soul-man gets hammered every day!

Psalms 23:1-3 ESV *The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He **restores my soul**...*

WE HAVE TO LEARN TO FIND REST IN CHRIST.

- **Man flourishes** when living in harmony with God and His design and purpose.
- **Man experiences pain** when at odds with God's design and purpose.
- Toil and strain are not the way of the kingdom.
- God desires that we walk in a pre-fall state.
- This is the reason why Jesus came to earth - to redeem us from the curse by becoming a curse for us.

- Most importantly, it is the revelation that you are not your own provider;
- Mammon emerged after the fall as a substitute god to meet men's needs.
- Nothing can reverse the curse like true rest.

BE CAUTIOUS OF ...

- legalistic Christianity,
- false guilt,
- fear of God's punishment,
- shame,
- living from the flesh,
- worry,
- pride,
- anger,
- depression,
- believing lies about yourself,
- rejection,
- grief,
- disappointment,
- misplaced expectations,
- financial burdens,
- relational conflict
- and more.

BIBLICAL EXAMPLE

Hebrews 4 tells the sad story of how Israel wandered in the desert for 40 years, never entering into the rest of living in the land God had promised to them when He led them out of Egypt.

They failed to enjoy this rest for one reason only - **unbelief**.

Hebrews 4:1-12 NLT *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. (2) For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. (3) For only we who believe can enter his rest. As for the others, God said, "In my anger I took an oath: 'They will never enter my place of rest,'" even though this rest has been ready since he made the world. (4) We know it is ready because of the place in the Scriptures where it mentions the seventh day: "On the seventh day God rested from all his work." (5) But in the other passage God said, "They will never enter my place of rest." (6) So God's rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God*

Do I live in line with God, or must God live in line with me?

(7) So God set another time for entering his rest, and that time is today. God announced this through David much later in the words already quoted: "Today when you hear his voice, don't harden your hearts." (8) Now if Joshua had succeeded in giving them this rest, God would not have spoken about another day of rest still to come. (9) So there is a special rest still waiting for the people of God. (10) For all who have entered into God's rest have rested from their labours, just as God did after creating the world.

WORK FROM REST

Genesis 2:1-3 ESV *Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 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.*

(11) So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall. (12) For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

HOW DO WE ENTER INTO THE REST JESUS PROVIDES?

1. Principle

2. God's Grace through Faith

- The answer is, through faith in Jesus Christ and what He has already done for us.
- He has finished what many of us are still trying to complete in our relationship with Him.
- He has made us acceptable to God our Father by...

1. Making us 100% righteous in Christ (2 Corinthians 5:21);
2. Forgiving us of all past, present, and future sins in Christ (Ephesians 1:4);
3. Seating us (in our spirit) in the heavenly places in Christ (Ephesians 2:6);
4. Reconciling us {as enemies} to God by making us His friends (2 Corinthians 5:18);

5. Being well pleased with who we are in Christ, regardless of our behaviour or ministry, just as He was with Jesus (Matthew 3:17);
6. Showing us that we are as valuable as Jesus in the parable of the pearl (Matthew 13:45-46);
7. Convincing us that there is no condemnation from Him when we fail or sin (Romans 8:1);
8. Removing our shame (Romans 10:11);
9. Offering to live His life through us in the power of the Holy Spirit so that living our Christian lives is not up to us but to Him (Galatians 2:20).

LET US LOOK AT NOAH.

- The name *"Noah" means rest* (comfort from the painful toil caused by "the curse").
- **Genesis 7:18** tells us that the rising waters lifted the ark far above the wicked and cursed world ... above the mountain tops until it finally rested on Mt Ararat - a name that means *"the cursed reversed"*. Genesis 8:4.
- For us "getting into the ark" equates to linking to God's way and going wherever he says go. This is a place of total surrender - you are locked in and totally at the mercy of God.
- This rest means simply believing, not striving, not fearing, not warfare, not struggle. As in the case of Joshua and Caleb it means simply believing and being led into your promised land, the mountain of your calling and purpose in this life.
- The converse is unbelief. What does unbelief do? It leads to striving in the wrong direction.

- His rest, however, reveals the finished work. Jesus has already completed the work of securing the total victory for our assignment.
- Rest is trusting the Holy Spirit to lead, guide and direct us.
- True rest is absent from any anxiety or fear.

CONCLUSION

Matthew 11:28-30 *ESV* Come to me, all who labour and are heavy laden, and I will give you rest. (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. (30) For my yoke is easy, and my burden is light.”

Philippians 4:6-7 *ESV* do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (7) And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Colossians 3:15-17 *NLT* And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. (16) Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. (17) And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

