

BE STRONG

Spiritual Rest

I. You can feed yourself and exercise and still be weak if you do not rest spiritually

- A. There is a rest for your spirit-2 Corinthians 2:13, 7:13, 1 Corinthians 16:18
 - 1. There was an opportunity to preach and minister, but because he had no rest in his spirit he had to take a leave; he couldn't do what he was called to do with no rest
 - 2. When you rest your body, you stop moving, you get quiet, and are still
 - 3. Resting your spirit the place where your spirit is quiet, still, at peace
- B. Rest is a principle that in all forms that when you engage it, you get stronger
 - 1. When you rest spiritually you become edified and recover your strength-Acts 9:31
 - 2. EX: You tear the muscle down, then during the rest period it builds back up stronger
- C. Not resting will drain your spirit of strength and make you weak; therefore if you want to be strong in your spirit, you must learn how to rest spiritually
 - 1. It's possible to have strength flowing in, but flowing out quicker than it's flowing in
 - 2. Not resting drains your spirit; We must eliminate these "non-resting" things that drain our spirit of strength (EX: If you don't plug the tub it'll never fill up)
 - 3. Proverbs 24:10-If you're spirit is drained you can't win

II. The life of faith, the life of obedience to and agreement with God's Word is the life of rest

- A. Hebrews 3:18-4:3-You enter rest by faith; the life of faith is the life of rest
 - 1. 4:1AMP-There's a rest that still holds and is still being offered today (spiritual rest)
 - 2. The moment you get in disagreement with His word you are no longer resting and it is very taxing on your spirit
 - a. 18AMP-Those who disobey, who do not listen to His word, who refuse to be compliant or persuaded of it are not resting and do not enter into his rest
 - b. 19AMP-Their unwillingness to adhere to and trust in and rely on God kept them from entering into this rest
 - 3. To rest spiritually you have to get in faith; and that means you believe God's Word
 - a. 4:3AMP-Those who adhere to, trust in, and rely on God
 - b. The place of rest is the place of agreement with God's Word
 - 1) Faith is agreeing with what God said
 - 2) The COI didn't enter into this rest because they didn't agree with God
 - 4. You will only lean on what you trust and it's only when you are trusting and leaning that you are resting
 - a. When you trust something, you lean on it and as you do you're resting

- b. When you lean on God and just do what he says, you're resting spiritually
- B. The person who has entered into God's rest has ceased from his own works
1. **Also**-If you have entered into rest, then you have ceased from your own works
 - a. The man who is still doing his own stuff is not resting
 2. To enter into God's rest you're going to have to stop doing your own stuff and do only the stuff that God told you to do
 - a. It is your own stuff that drains your spirit
 - b. Things like strife, worry, sorrow, being critical of people, that is your own works and when you engage those things you're not resting but rather doing your own works and that keeps you from resting and it'll wear you out and make you weak
 - c. When you engage these things it drains your spirit of strength-Proverbs 15:13
 - 1) *Sorrow* means to **Vex**-To irritate; to make angry; to torment, to harass, to afflict; To disturb, to disquiet, to agitate; to trouble, to distress
 - 2) In the life of some believers there is not rest; there's strife, there's worry, there's confusion, there's sin and that's why there is no strength
 - 3) This is why so many people (who spend time in the word) are not strong to fight
 3. Rest is not doing nothing, it's doing nothing God didn't tell you to do and doing only what he told you to do
- C. Some things that are extremely taxing on your spirit; we have to eliminate these drains
1. What God didn't tell you to do, there is no grace to do, and therefore doing that thing will wear you out
 - a. Without grace to do, you're doing on your own, and it's going to drain your spirit
 - b. Grace at it's highest function makes what you face easy; it removes the struggle
 - c. 2Cor4:16-We do not become discouraged (utterly spiritless, exhausted, and wearied out through fear)
 2. Distinguish what's hard on your spirit, and what's hard on your flesh and always choose the thing that is hard your flesh and never choose what's hard on your spirit
 - a. EX: Worry is hard on your spirit, faith is hard on your flesh
 3. John 6:63-Walking in the spirit brings invigorates, endows with greater powers of life, gives life; walking in the flesh drains you and makes you weak
- D. 11-We are to work to enter into that rest; he didn't suggest it, he commanded it
1. John 6:28-29-The work of the believer is believing/faith and believing/faith is a rest
 2. My work is that I trust God, I believe what he says, I do what he says and it's a rest
 - a. I'm working all the time; believe what he says, do what he says, and rest
 - b. Take the emotion out of it and it's a rest

III. Jesus lived the ultimate life of resting and as we watch him and do what he does we'll rest the way he did-Matthew 11:27-30

- A. If you're tired, heavy, or worn out the command of Jesus is to come to him
 - 1. You're worn out because you weren't with him; you were out doing your own thing
- B. 2 keys to find rest (If you do the things before the and you'll get the rest after the and)
 - 1. 1) Take his yoke upon you (A **yoke** is a wooden beam used between a pair of oxen or other animals to enable them to pull together on a load when working in pairs; the wooden yoke that joined two animals together so they could combine their strength to pull a load that generally would have been too difficult for one animal to pull by himself)
 - a. Take **MY** yoke upon you
 - 1) He didn't say I'll come and help you do your own stuff; he said hook to me in my stuff and that's how you get the rest
 - 2) Clearly you haven't been doing the same work; you've been on your own
 - 3) Notice to get the rest you're going to have to quit your own stuff and join him
 - b. To take his yoke upon you and join him you're going to have to walk like he walks
 - 1) You can't be yoked to him and doing it your own way
 - 2. 2) Learn of him---Watch how he does it
 - a. The way that you rest is in walk with him, work with him, watch how he did it and do it like him
 - b. Weariness comes when you get away from him, you're not walking with him, you're not watching how he did things and you're not doing it like him; That's when you get tired because there's no faith in that and it's your own works
 - c. Proverbs 10:29-The way of the Lord is strength to the upright
- C. He lives by the unforced rhythms of grace
 - 1. This is the unforced rhythms of grace-I only say what my father tells me to say, I only do what my father tells me to do; I trust He's got my best interest at heart and rest in what he's told me
 - a. John 5:30-I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me.
 - b. John 8:26-I have many things to say and to judge of you: but he that sent me is true; and I speak to the world those things which I have heard of him.
 - c. John 8:28-29-Then said Jesus unto them, When ye have lifted up the Son of man, then shall ye know that I am *he*, and *that* I do nothing of myself; but as my Father hath taught me, I speak these things. And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him.
 - d. John 8:38-I speak that which I have seen with my Father

- e. John 12:49-50-For I have not spoken of myself; but the Father which sent me, he gave me a commandment, what I should say, and what I should speak. 50 And I know that his commandment is life everlasting: whatsoever I speak therefore, even as the Father said unto me, so I speak.
- f. Jesus raised Lazarus from the dead; He kept the men from stoning the women; He raised Jairus' daughter from the dead; Nothing is forced it is all a rest
- 2. I just believe him and do what he says, my victory is guaranteed and that's resting
 - a. This is the resting side of life because this way guarantees your success; this way has already been tested and tried and proven and it's perfect-Psalm 18:30
- 3. Don't make the unforced rhythms of grace hard-He said my yoke is easy
 - a. In the life a believer and his relationship with God there should be a constant **conversation of grace and faith** between the Father and his son
 - b. Psalm 46:10-Be still and know that He is God

IV. The battle shouldn't wear you out and if it does you're not fighting it right-

- A. 2Cor4:16-You're inward man is renewed day by day not getting more tired
 - 1. Romans 4:20-Abraham was strong in faith, giving glory to God
 - 2. Caleb didn't say I barely made it after 40 years in the wilderness
- B. The fight of faith is a rest; it's a fight to rest; to trust God, do what he says, and rest