

A STRONG SPIRIT

To Be Strong You Must Rest

- I. **There is a rest for your spirit-2Co2:13-I had no rest in my spirit; Hb4:9-There remains a rest to the people of God**
- A. The way your body needs to rest to be strong your spirit needs rest be strong
- II. **Rest for your spirit is not doing nothing, but rather it's not doing your own stuff-Hb4:10-For he that is entered into his rest, he also hath ceased from his own works**
- A. Spiritual rest is only doing what God told you to do and nothing else-Spiritual rest in application is heeding the Lord, obeying Him, doing what he shows you to do
- B. Doing your own stuff is the opposite of resting and it drains your spirit-Running your own life, doing your own stuff, not acknowledging the Lord this will weak you on the inside
- C. A big part of being strong is that you be led by the Spirit and stop doing your own stuff
- D. The way to rest is to hook to the master and do only what God shows you to do-Mt11:28-Come unto me, all ye that labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ³⁰ For my yoke is easy, and my burden is light.
1. Come unto me-You're worn out because you weren't with Him, but instead your were out doing your own thing
 2. You're tired because you weren't joined to him-Yoke-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
 3. The way to rest is to come and hook to Him-He didn't say the way to rest was to come and do nothing
 4. Learn of him: He never did his own stuff-Jn5:19-The son can do nothing of himself, but what he sees the father do: for what things soever he does these also does the Son likewise; Jn8:26-I do always those things that please him
- E. There are things that are hard on your spirit and will wear you out-Disobedience, sin, fear, worry, carrying cares
- III. **In obedience there is refreshing built in-Lk20:24-Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done. ⁴³ And there appeared an angel unto him from heaven, strengthening him.⁴⁴ And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.**
- A. There's strength and grace and refreshing in doing what God told you to do-2Cor4:16-The inward man is renewed day by day; Ps23:3-He restores my soul; Is40:31-The Lord shall renew their strength
- B. God will give is not going to renew your strength so that you can keep doing your own stuff