

## In Him, For Him, Through Him – Part 5 “The Key to Rest”

- We were created for worship.
- We all worship something or someone.
- True worship brings rest.
- Rest is a condition of the soul.
- The greatest hindrance to rest is the idols we create.

“He is the God who made the world and everything in it. Since he is Lord of heaven and earth, he doesn’t live in man-made temples, and human hands can’t serve his needs—for he has no needs. **He himself gives life and breath to everything, and he satisfies every need.** From one man he created all the nations throughout the whole earth. He decided beforehand when they should rise and fall, and he determined their boundaries. “His purpose was for the nations to seek after God and perhaps feel their way toward him and find him—though he is not far from any one of us. **For in him we live and move and exist.** As some of your own poets have said, ‘We are his offspring.’ And since this is true, **we shouldn’t think of God as an idol** designed by craftsmen from gold or silver or stone. “God overlooked people’s ignorance about these things in earlier times, but now he commands everyone everywhere to repent of their sins and turn to him. For he has set a day for judging the world with justice by the man he has appointed, and he proved to everyone who this is by raising him from the dead.” When they heard Paul speak about the resurrection of the dead, **some laughed in contempt, but others said, “We want to hear more about this later.”** That ended Paul’s discussion with them, **but some joined him and became believers.** Among them were Dionysius, a member of the council, a woman Damaris, and others with them.

**Acts 17:24-34 (NLT)**

### The Greatest Key to Rest:

- Rest can only be found in a relationship with Christ Jesus.

Seeing that we have a great High Priest who has entered the inmost Heaven, Jesus the Son of God, let us hold firmly to our faith. For we have no superhuman High Priest to whom our weaknesses are unintelligible—he himself has shared fully in all our experience of temptation, except that he never sinned. **Let us therefore approach the throne of grace with fullest confidence, that we may receive mercy for our failures and grace to help in the hour of need.**

**Hebrews 4:14-16 (J.B. Phillips)**

This is what the Lord says, ‘Stand at the crossroads and look. Ask for the ancient paths. Ask where the good way is and walk in it. And you will find rest for your souls.’ But you said, ‘We will not walk in it.’

**Jeremiah 6:16 (NIV)**

- The reason we don’t have rest, is not because it is not available, it’s because we refuse to do things God’s way.

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**Acts 17:32-34 (NLT)**

### Three Groups of People:

- The mockers.
- The maybes.
- The movers.

- We complicate the simple and because we complicate the simple we miss the obvious.

“Jesus said, ‘**Come to Me** all you who are weary and carrying heavy burdens and I will give you rest. **Take My yoke** upon you and **learn from Me** for I am gentle and humble in heart and **you will find rest for your souls.** For My yoke is easy and My burden is light.”

**Matthew 11:28-30 (RSV)**

### First action for rest: Come to Christ.

“Come to Me all you who are weary and carrying heavy burdened and I will give you rest.”

**Matthew 11:28 (RSV)**

“God energizes those who get tired, gives **fresh** strength to drop outs. For even young people tire and drop out, young folk in their prime stumble and fall. **But Those who wait upon God** get **fresh** strength. They spread their wings and sore like eagles, They run and they don’t get tired, they walk and they don’t lag behind.

**Isaiah 40:29-31 (MSG)**

Find a quiet secluded place so you won’t be tempted to role play before God. Just be there as simply and honestly as you can manage. **And the focus will shift from you to God and you will begin to sense His grace.**

**Matthew 6:6 (MSG)**

Oh, the utter extravagance of His work in us who trust Him – endless energy, boundless strength! All this energy issues from Christ. **Ephesians 1:19-20a (MSG)**

- The mark of maturity is looking to Christ in all of our circumstances.

*In the crowd that day there was a woman who for twelve years had been afflicted with hemorrhages. She had spent every penny she had on doctors but no one had been able to help her. She slipped in from behind and touched the edge of Jesus' robe. At that very moment her hemorrhaging stopped. **Jesus said, "Who touched me?" When no one stepped forward, Peter said, "But Master, we've got crowds of people on our hands. Dozens have touched you."***

**Luke 8:43-45 (MSG)**

*Jesus insisted, "**Someone touched me. I felt power discharging from me.**" When the women realized that she couldn't remain hidden, she knelt, trembling before him. In front of all the people, she blurted out her story-why she touched him, and how at that same moment she was healed. Jesus said, "**Daughter, you took a risk, trusting me, and now you are healed and whole. Live well, live blessed!**" While He was still talking, someone from the leader's house came up and told him, "Your daughter died. **No need now to bother the Teacher.**"*

**Luke 8:46-49 (MSG)**

*Jesus overheard and said, 'Don't be upset. Just trust Me and everything will be all right.'*

**Luke 8:50 (MSG)**