

# HOLY SPIRIT WORKS BY INVITATION: LESSON 2 - RECLAIMING OUR REST

RC BLAKES

## LESSON 2 - RECLAIMING OUR REST

In our last lesson, we established a foundational truth: The Holy Spirit waits to be wanted. He only steps into the spaces where we issue an invitation. Today, we are taking that truth and applying it to one of the biggest struggles in our modern culture: exhaustion. So many of us are emotionally burned out, overwhelmed, and running on empty. We often think of the Holy Spirit helping us to serve, to preach, or to work harder, but we forget that He is deeply invested in our mental health, our emotional stability, and our physical rest. If He works by invitation, then we have to invite Him into our racing thoughts and our tossing-and-turning nights. He doesn't just want to help you work; He wants to help you rest.

### **Philippians 4:7 NIV**

**And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

## 1. THE ULTIMATE EMOTIONAL REGULATOR

When we face a stressful situation, an offense, or a sudden wave of emotion, our natural response is usually one of two things: we suppress it and bottle it up, or we explode and let it all out. But the Holy Spirit offers a third option: regulation. As believers, we don't have to manage our emotional state on our own. "Self-control" and "peace" are literally called the fruit of the Spirit. But remember the rule of invitation: the Spirit will not force peace on a mind that insists on panicking. When you feel your blood pressure rising or your frustration spiraling, you have to create a pause. In that gap between what just happened and how you are about to react, you issue the invitation.

### **Quote:**

**"Hurry is the great enemy of spiritual life in our day. You must**

## **ruthlessly eliminate hurry from your life.” — Dallas Willard**

You have to consciously say, “Holy Spirit, I am overwhelmed. Come step into my emotions right now. Regulate my mind. Bring Your peace to my nervous system.”

### **Galatians 5:22-23 NIV**

**But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.**

## **2. RECLAIMING THE NIGHT: INVITING HIM INTO OUR SLEEP**

Sleep is often the first casualty of an unregulated emotional life. During the day, we stay busy to distract ourselves from our stress. But at night, when the house is quiet, our minds get loud. We stare at the ceiling, replaying conversations, worrying about bills, and trying to figure out tomorrow. Sleep is an act of spiritual surrender. It is us admitting that we are not God, and the world can keep spinning without us for eight hours.

### **Quote:**

**“You have made us for yourself, O Lord, and our heart is restless until it rests in you.” — St. Augustine**

Because the Holy Spirit is our Comforter, one of His greatest ministries happens in the bedroom at 2:00 AM. But if we just lie there agonizing over our problems, He watches us try to carry the weight. We have to consciously invite Him into our rest.

### **Psalm 4:8 NIV**

**In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.**

### **Psalm 127:2 NIV**

**In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.**

### **3. THE MIDNIGHT EXCHANGE**

So how do we practically experience this? We do it through a deliberate, nightly exchange. You wouldn't get into bed wearing a heavy backpack full of rocks, yet we do that with our emotions every single night. Before you close your eyes, you have to unpack the bags. Instead of scrolling on your phone to numb your brain, you have a moment of invitation. You say, "Holy Spirit, I cannot fix these problems right now. I hand over the worry about my kids. I hand over the stress from my job. I invite Your presence into this room. Quiet my mind, soothe my body, and give me the rest You promised." We trade our heavy burdens for His deep peace. He is the best sleep aid you could ever ask for, but you have to actively hand over the control.

**1 Peter 5:7 NIV**

**Cast all your anxiety on him because he cares for you.**

**Matthew 11:28-29 NIV**

**Come to me, all you who are weary and burdened, and I will give you rest.**

Tonight, when you lay your head on your pillow, do not let your worries have the final word. Make your bedroom a sanctuary of invitation. Cast your cares, issue the invitation to the Holy Spirit, and give yourself permission to sleep. Let the Comforter do His job, so you can wake up tomorrow equipped for your calling.

