

# HOW GOD WANTS TO USE A LOCKDOWN TO TEACH ME TO LIE DOWN

OVERWHELMED: Part 2

April 26, 2020 | Pastor Brian

*"I'm weary, O God. I'm weary and worn out, O God."  
(Proverbs 30:1, GW)*

The Antidote to STRESS is REST.

*"He makes me to lie down in green pastures;  
He leads me beside the still waters."  
(Psalm 23:2, NKJV)*

## FOUR WAYS I NEED TO R.E.S.T.

**R**EOORDER my base.

*"An expert in religious law, tried to trap him with this question: "Teacher, which is the most important commandment in the law of Moses?" Jesus replied, " 'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments.""  
(Matthew 22:35–40, NLT)*

### **ACTION STEP:**

Audit my activities.

**E**NJOY the space.

*"I recommend having fun, because there is nothing better for people in this world than to eat, drink, and enjoy life. That way they will experience some happiness along with all the hard work God gives them under the sun." (Ecclesiastes 8:15, NLT)*

### **ACTION STEPS:**

Have some fun with my family.

**S**LOW my pace.

*"Moses' father-in-law replied, "What you're doing is not good. You and your people will wear yourselves out. This is too much work for you..." (Exodus 18:17–18, GW)*

## **THE HABITS OF HEALTHY DISCIPLES**

1) **REST** my body.

*"It is senseless for you to work so hard...for God wants his loved ones to get their proper rest." (Psalm 127:2, The Living Bible)*

2) **REFRESH** my heart.

*"Your love has given me much joy and comfort, my brother, for your kindness has often refreshed the hearts of God's people." (Philemon 7, NLT)*

3) **RENEW** my spirit.

*"That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever." (2 Corinthians 4:16-18, NLT)*

### **ACTION STEPS:**

Commit NOT to go back to normal!

## **TAKE IN** His grace.

*"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." (Matthew 11:28-30, NLT)*

### **ACTION STEPS:**

Start each day the right way.

## **LAST THOUGHT**

Though God didn't cause this crisis, He does want to **USE IT!**