

Sabbath Part 2 – Rest in Jesus (6-9-2019)

Introduction: Preaching under the Bridge – Parable of the Sower (Some things you just can't give)

Matthew 11:28-30 (ESV)

(28) Come to me, all who labor and are heavy laden, and I will give you rest. (29) Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. (30) For my yoke is easy, and my burden is light."

Note: Our goal today is to get a glimpse at how we take up Jesus easy yoke . . .

We have 1 main point (and then 3 places to start practicing that main point)

1) **Become Un-Busy:** "Learning to live at Rest"

Dallas Willard (In answer to the question what do I need to do to stay spiritually healthy) . . .
"You must ruthlessly eliminate hurry from your life."

Note: The reason I know this quote is because he said it over and over again to young ambitious leaders!

One of them was James Bryan Smith (Good & Beautiful God) – each chapter ends with "soul training"
All of them in some form are an invitation to "ruthlessly eliminate hurry"

- Book Recommendation: "The Good and Beautiful God" by James Bryan Smith

The Apostle Peter talked about the power of us "seeing" this Good & Beautiful God . . .

1 Peter 1:8-9 (ESV)

(8) Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, (9) obtaining the outcome of your faith, the salvation of your souls.

Note: There is incredible power that flows from believing & loving God – inexpressible joy & glory! By this we **obtain/receive** (acquire, to tend, to take care of) the outcome of faith – salvation of our souls

Our souls need saving right now! If you are not experiencing this inexpressible joy filled with glory, you may need to slow down and "see" the one you can't see! (That's called Prayer – communing with God)

Eugene Peterson

"It takes time to develop a prayer life . . . I know I can't be busy and pray at the same time. I can be active and pray; I can work and pray; but I cannot be busy and pray. I cannot be inwardly rushed, distracted, or dispersed. . . Usually for that to happen there must be a deliberate withdrawal from the noise of the day, a disciplined detachment from the insatiable self."

Psalms 46:10 (ESV)

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth

Isaiah 30:15 (ESV)

For thus said the Lord GOD, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength." But you were unwilling

Prayer is a form of Rest. Which in turn is a form of Worship! We need to become experts in Resting in His presence – we can do this by “ruthlessly eliminating hurry from our lives”

2) **Jesus’ easy Yoke** - 3 ways we can learn from Jesus to take up his yoke of rest
(This concept is from John Ortburg’s book “Soul Keeping”)

- **Live Accepted**

Matthew 3:17 (ESV)

and behold, a voice from heaven said, "This is my beloved Son, with whom I am well pleased."

Galatians 4:3-7 (ESV)

(3) In the same way we also, when we were children, were enslaved to the elementary principles of the world. (4) But when the fullness of time had come, God sent forth his Son, born of woman, born under the law, (5) to redeem those who were under the law, so that we might receive adoption as sons. (6) And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "**Abba! Father!**" (7) So you are no longer a slave, but a son, and if a son, then an heir through God.

Notes: He redeemed you. You are adopted in. Therefore, you are his beloved. Don’t try to earn your place as His child. Rest in Him, because He is in you!

***Accept that you are accepted!!**

- **Be Sustained**

Matthew 4:1-4, 11 (ESV)

(1) Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. (2) And after fasting forty days and forty nights, he was hungry. (3) And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." (4) But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" . . . (11) Then the devil left him, and behold, angels came and were ministering to him.

Note: Jesus begins his ministry, not trying to earn his way or prove himself, but resting in the Father’s provision! He opened his ministry like this, and it marked His life.

The disciples took note of this, and wanted to learn his secret . . .

Luke 11:1-3 (ESV)

(1) Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." (2) And he said to them, "When you pray, say: "Father, hallowed be your name. Your kingdom come. (3) Give us each day our daily bread

Note: God is our provider. It's who he is and what he does.

***Receive His daily bread**

- **Know your Significance**

Jesus' I AM statement . . . (not I'm studying to become, I'm learning the ropes, I'm practicing). Just "I AM!"

Examples: The Bread of Life (John 6:35) / The Light of the World (John 8:12) / The Good Shepherd (John 10:11)

Matthew 5:13-16 (ESV)

(13) "You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. (14) "You are the light of the world. A city set on a hill cannot be hidden. (15) Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. (16) In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Note: This is That (1 Peter): "**inexpressible joy & full of glory!**" Out of the essence of who you are shines forth a light that brings light to the world and glory to God. You have divine significance.

- Story of Practicing Listening Prayer & Encouragement: David simple wrote – "Good Father"

Know your Significance in Him*Compare Jesus Pattern vs. Our World's Pattern for living . . .**

Jesus – Accepted, Sustained, Significant, then Achieved

Our World – Achieve, Significance, Sustained, and Accepted

Conclusion: Become **Un-Busy** by spending unhurried time with Jesus to allow his Life to penetrate your with truth that brings rest. A good place to start: reflect on how Jesus **Accepts** you, **Sustains** you, and gives you inherent **Significance**.