

Series: No Fear Here

Message Title: #3 Take Back Your Rest

Message & Scripture Highlights:

Have someone read:

Matthew 11:28

Come to Me, all you who labor and are heavy laden, and I will give you rest.

Psalm 127:2

It is vain for you to rise up early, to take rest late, to eat the bread of [anxious] toil—for He gives [blessings] to His beloved in sleep.

Discussion Part 1:

Psalm 23 says, “He makes me to lie down in green pastures”, and scripture reminds us to keep the Sabbath Day holy. Recognizing the strategy of the enemy to fill up your schedule with activity, discuss how even good things rob you of that true rest. If stress and anxiety are known byproducts of the culture of busy, why do we play the game? Do you really need the 10 things or will 3 do? Do your kids need 10 hobbies/sports or will they be better off living a life of focus? Remember, life responds to a limited number of targets.

S.Marshall thoughts:

When you truly begin to rest you will notice that you can dream again. The dreams that God has for you will always require overcoming fear. God will not give you a dream that you can accomplish without Him. When you rest, you get His perspective on the impossible. At the same time, science has discovered the wonder of how God has provided a ‘wash’ for your brain eliminating toxic proteins that can build up on your neurotransmitters and receptors. Joseph in the book of Genesis was excellent at trusting himself to God. Fearless he could dream God’s dreams with unusual ease.

Have someone read:

1 King 19:11-13

¹¹ And He said, Go out and stand on the mount before the Lord. And behold, the Lord passed by, and a great and strong wind rent the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake;

¹² And after the earthquake a fire, but the Lord was not in the fire; and after the fire [a sound of gentle stillness and] a still, small voice.

¹³ When Elijah heard the voice, he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, there came a voice to him and said, What are you doing here, Elijah?

Discussion Part 2:

We pick this story up of Elijah immediately after he had won his showdown with the prophets of the false god Baal. Think about it, Elijah called fire down out of heaven and God supplied so much that it melted even the rocks. Then Jezebel threatens him and goes on the run. Discuss among the group how and why fear could so easily get a hold of Elijah after such a triumph. Ask one another, why is this great prophet looking for God's voice in the violence of a storm or an earthquake? If a tree falls on his car in a tornado is Elijah one of those guys who calls it "an act of God"? People at rest hear voices that are "still, small". Could it be that once Elijah was filled with the spirit of fear that God had a hard time getting his attention?

Stephen Marshall Thoughts:

Having a "secret place" to meet with God is a plan to hear from God. That's a beautiful thing. Having a she-shed or a man-cave to just hide from your fear, anxiety, and stress is a fool's errand. Remember the enemy's plan is to divide and conquer. Sticking your head in the sand will not get your daughter on the right track. Watching another guy movie will not suddenly give you courage. God wants to help you more than you even want the help. Be encouraged to enter into that focused rest, and listen to His voice.

Life Application:

If the doctor told you to take a pill three times a day or else you're going to run a risk of having a heart attack - you'd probably take it. At least you'd make some radical change, and step away from the deep fried ice cream! If you're struggling with getting that God rest where you hear His voice, I have a prescription for you. Start reading the four books of the Gospels from Matthew through John. Read one chapter three times a day. Take one in the morning upon waking. Take one midday, and the last chapter just before you go to bed. Consume it and let the supernatural quality of God's Word direct you, protect you, and de-stress you.

Now Pray The Word:

Get someone (or a few people) to lead out in prayer based on the Truth talked about. Praying something like this based on Matthew 11:28 & Psalm 127:2:

"Heavenly Father we lay down all of our burdens, cares, and worries at your feet. Jesus said that He would give us rest, and now we understand better just how we honor You when we cease from our labors. Speak to us while we sleep tonight. We are Your beloved and You give us a deep sleep. Bless our sleep so that our cerebral design is restored and strengthened according to your plan for us to have a "sound mind". In Jesus Name ... (and please continue praying for any specific requests, petitions).