

Psalm 127

Steadfast in the Midst of Anxiety

Image Church July 7, 2019 // Steadfast #5

MIS: Trust in the Lords protection and providence

Introduction

Well, good morning Image Family! I hope you're doing well! If you're a **FTG** here this morning we're so glad that you're here— I hope you got a chance to stop by the **FTG** to get the gift we have for you- If you have any questions while you're here just grab someone with a lanyard and they will happy to help! ... Next Step: Community Groups!

Well, we're continuing our series called **Steadfast** where we're looking at how we can remain *steadfast in the midst of and ever shifting life...*

The reality is, chances are, we're all dealing with something in our lives, certain circumstances, sins, struggles, or fears about the future...

My Personal Battle with Anxiety.

- **Keep it short.**

To be fair most of America is dealing with a battle of Anxiety.

- In a report released in 2011, more than 1 in 5 Americans are on some form of Anti-Anxiety medication.¹

¹

<http://healthland.time.com/2011/11/16/report-whos-taking-mental-health-drugs-in-america/>

That means there are a few people in this room who deal with a serious amount of anxiety.

~~This is not a full report of how many people deal with anxiety, these are just the numbers for those who are aided by medication to release the pressure of their stress.~~

Today I am not here to argue for or against medications.

But what this does tell us is most of us in our culture we have an issue dealing with how to remain steadfast in the midst of Anxiety.

And so, ***the question is, how do we remain steadfast*** as we walk through difficult seasons that we encounter in life?

What truths can you hold onto? Where can you turn- what can you claim, where can you find hope and confidence? Where do you find calm in the chaos? Where can you find truths in the midst of doubts, and courage in the face of opposition?

So, we've been diving into the book of **Psalms** to find the answer by looking at some incredible truths that God's given you about Himself...

And my hope for you, is that you'd walk away, from today, and this series knowing where to go to find the confidence to remain steadfast in the midst of whatever you may be facing...

And that you would see God for who He is and what He offers you through the truths of His word. And that you would see the Word of God as a source of life and a source of hope!

This morning we're going to be in Psalm 127... So, if you have your Bible go ahead and turn there...

- As always if you don't have a bible, we have one we would love to give you out in the lobby- you can stop by on your way out...

While you are making your way to the passage...

There are a few things to point out in this Psalm

- Psalm of Ascent: Pss. 120 - 134
 - Israelites would sing these on their journey to the different festivals and feast as a declaration.
- There are no commands in this Psalm.
- It is a wisdom Psalm which means,
 - It is telling us who God is and
 - How God has setup the world
 - It is written to show us how things will play out it the end so we can live right in the present time.
- It was written by Solomon
 - He was the son of David
 - There are three things said about Solomon
 - He had a lot of wisdom, wealth, and pagan wives.
 - 1 King 4:29-30 says that Solomon's wisdom surpassed the wisdom of all the people of the east and all the wisdom of Egypt and his reputation extended past the nation of Israel
 - You can know the truth of this psalm, be the wisest of people and still not get it
 - At the end of Solomon's life, Israel was divided, his family was a wreck, and his life was a wreck.
 - ~~Jesus said that wisdom is justified by deeds.~~
 - God gave Solomon this psalm, and he still did not understand the truth that God is revealing.
 - Through the life of Solomon we know, you can hear this Psalm and not obey

- Hear this warning, you can know the truth of God's word in your mind and have the right answers, but never let His word change you.
- Today, I pray God's word makes its way into your life and changes you.

Please read along with me as we begin to study Psalm 127.

A song of ascents. Of Solomon.

**Unless the Lord builds a house,
its builders labor over it in vain;
unless the Lord watches over a city,
the watchman stays alert in vain.**

**2 In vain you get up early and stay up late,
working hard to have enough food —
yes, he gives sleep to the one he loves.**

**3 Sons are indeed a heritage from the Lord,
offspring, a reward.**

**4 Like arrows in the hand of a warrior
are the sons born in one's youth.**

**5 Happy is the man who has filled his quiver with them.
They will never be put to shame
when they speak with their enemies at the city gate.**

PRAY

Body

This passage tells us we can remain steadfast by reflecting on the love of God that's displayed in 2 ways...

1. Trust God's Protection (V. 1-2)²
2. Trust God's Providence – or provision (V. 2-5)

1. Trust God's Protection (v. 1-2)

We have two images used to show us protection & security in verse one.

1. The first is a house...

- Let's talk about the context of the word house.
- ~~It is important to understand the use of the word house in this psalm context.~~
- First,
 - It means an actual house or dwelling (ex. The temple) – Connect this to Jesus tear down the temple.
 - A place you and your family would live
 - Houses then and now are places of protection.
 - The weather and danger
- Second,
 - Was children/family
 - In Israel, building your house was not just a matter of a physical dwelling, but also building your family.
 - As a person's family grew, they were protected and had security in their community
 - And, the actual word used here for "house" is referring to the children of Israel.

- This is the same language used in Ruth 4:11;
- "May the LORD make the woman, who is coming into your house, like Rachel and Leah, who together built up the house of Israel."
- The word children and house are used interchangeably
- And in Israel the most important thing for protection was a family
- And The Lord is saying that unless He builds the house, it is built in vain.
- We need to pause for a second to understand the word VAIN.
- When we read this earlier it should have been ringing in our ears.
 - It is used 3 times in the first 2 verses.
 - The word **vain** means...
 - EMPTY, WORTHLESS, FUTILE, POINTLESS
- And, to build a house without the Lord is vain.
- The other image to communicate protection and Security is...

2. The Watchman

- **This watchman is given the task of protecting a city.**
- While the city sleeps the watchman is handling the security of the city.
- And the city is sleeping without a worry on their minds.

ILLUSTRATION

- I work hard to protect my house and my family, and It stand to reason I do a pretty good job.
- We have the safest stroller, car seats, cars – I hope – we even have

² These points were first given by Nick Roark sermon at Capitol Hill Baptist Church, Passing and Permanent.

- These super nice cameras with a monitor to make sure they are okay while they sleep.
- It has this massive screen – thing like the size of these massive smart phone, and it a split screen monitor so we can watch both kids at the same time
- For those of you without kids, we installed cameras in our kids’ bedrooms so we can watch them while they sleep
- It’s not as creepy as it sounds, but to be fair, my son is seriously concerned about this camera in his room – but he knows the daddy is watching out for him while he sleeps.
- And if he needs me I will come to his rescue, I am there.
- However, over the last year or so the truth of God’s protection and provision has been revealed to me in a somewhat comical way ~~in my sleeping habits.~~
- Something you should all know about me is I am a seriously hard sleeper. I’m like the diesel engine of sleep. It takes a good while for me warm up and settle in for the night, but once I do, see ya!
- Which, means for about 5-8 hours those supper fancy cameras are kind of pointless or worthless or vain.
- B/C the reality is, the only one watch over my family is The Lord, b/c I am out – don’t tell me kids
- This is comical, but the reality is, I somehow think I’m protecting us the rest of the day.
- ~~And, to be honest, that’s how we should live our lives.~~

- Psalm 127 tells us, without the Lord, all of our efforts are **VAIN** – worthless.
- The only place we can find true protection and security is in the Lord
- And, in our Savior Jesus
- He has proven his faithfulness to this passage through his fulfilment of his promise to rescue this world from Sin.
- He did this through his son Jesus, who died the death we should have died, and rose from the grave to defeat death for us.
- In Christ we have an eternal security.
- We can take all of our anxiety on put it on Jesus

We either choose not to trust The Lord or we don’t know how trust The Lord.

- If you are in here today and you are **not** a Christian this has to sound a bit unusual.
- To trust God over myself doesn’t make sense
- But, if you are honest you know your life is not as secure as you say it is.
- If you are really honest – you don’t have that fundamental sense of security that I am talking about.
- **The whispers of the Ups & Downs of life are in the back of your mind.**
- Know, I am not trying to cause more anxiety,

- What I'm hoping you hear is, there is a way for security and that is in the Lord.
- Through Jesus Christ!!!!
- However, you know your life is not as secure as you want it to be.
- You know success might not be in your hands and the path of self-reliance is a dead end and called vanity.
- God has news, and it is good news, He wants to destroy your self-reliance so you will trust him.
- 1 Pt. 1:5 "You are being guarded by God's power through faith for a salvation that is ready to be revealed in the last time."
- Put your Trust in the Lord
- Who are you trusting to provide and protect?
- If it is not Jesus....
- I hope you can place your Trust in The Lord Jesus, today.

Verse 1 is all about what God is doing for His Children; verses 2-5 are all about what God gives.

1. Trust God's Providence – or Provision (V. 2-5)

- a. ~~God provides the gift of rest (or sleep) (v. 2)~~
- b. ~~God provides the gift of Children (v. 3-5).~~

2 In vain you get up early and stay up late, working hard to have enough food — (or "Eating The Bread of Anxious Toil")

yes, he gives sleep to the one he loves.

– direct reference to the Sabbath

a. God provides the gift of rest (or sleep) (v. 2)

We see the third use of the word **vain** in this verse.

It is vain that we do not rest and eat **The Bread of Anxious toil**

- This is a direct reference to Gen 3:17
 - And he said to the man, "Because you listened to your wife and ate from the tree about which I commanded you, 'Do not eat from it': The ground is cursed because of you.[†] You will eat from it by means of **painful labor**[†] all the days of your life.
- The phrase **painful Labor** is the same word as **anxious toil**
- And Solomon is echoing what God set forth because of sin
- This is a reference to the difficult effort require to provide – to put food on the table.
- We all feel the responsibility to provide for ourselves and/or a family.
- Its often why we want to make ourselves the functional savior of your life – God won't save me yet, I need to sure a few things up first. This is a lie.
- It creates a status of panic and anxiety in our lives.
- ~~Doesn't matter what your job is...a high-level executive to a stay at home parent...you are working to provide.~~
- This work is not easy for anyone, which is why we all get anxious.
- We let anxiety dictate just about every area of our lives:
 - **Our kids:** safety, health, are they smart or are they the smartest, their behavior, are they good at sports, will they like music, will they love me if I discipline them?
 - **Our jobs:** Is the right job for me, do I make enough money, do they value me, am I getting fired, I need to change teams,
 - **Our Spouse:** Do they love me, did I marry the right one, who is the right one, Is there a one for me.
 - **We have literally worked ourselves in every area of life to the point of panic & anxiety**

- o Which leads to us making idols out of our kids, our jobs, and our spouses and the biggest of all
- o We make an idol of ourselves.
- o We start to elevate all of these different areas in our lives so much and place so much of our joy upon their success we stop beholding God!

- Psalm 121:1-2 says,

- **I lift my eyes toward the mountains. Where will my help come from?**

2 My help comes from the Lord, the Maker of heaven and earth. -- Psalms 121:1-2 (CSB)

- ~~We are not alone in our painful labor~~
- Lift your eyes to the heaven, Behold our God.
- Church please Don't miss the beauty of Ps 127.

- **The daily bread we are working so hard for, is not DECISIVELY on you or me!**

- In Matt 6:11 Jesus teaches us to pray saying,
 - o "give us this day our daily bread"
- Manna in Ex 16:4
 - o—When Israeli was fleeing Egypt in the desert with no food.
 - o—Then the Lord said to Moses, **"I am going to rain bread from heaven for you. The people are to go out each day and gather enough for that day. This way I will test them to see whether or not they will follow my instructions.**

- o Israel was so dumbfounded and had no clue what to call the stuff falling from the sky so they called it manna, which means "what is it?"

- We are learning right now why it is **vain** or worthless for us to worry about providing.
- God Loves to give good things to his Children and in this verse God
- **Gives to his beloved rest!**
 - o—~~Really thought I would get an AMEN right there.~~
- In some of your bibles you may have a different wording at the end of verse 2 or maybe it's in the footnote and it reads
- **The Lord gives to his beloved "even in their sleep" or "while they sleep"**
- This is a big deal for us church.
- Think about it like this.

ILLUSTRATION

- In Mark 4:26-29 Jesus describes the kingdom of God through the analogy of a man planting a seed and seeing the seed grow.
- If you have experience planting anything you know it's really not up to us if it grows.
- We plant the seed, give it some water, then watch it do what it was made to do...grow.
- Even when we are sleeping, the seed is growing.
- **Stress the Point:**
 - o to work on your own without The Lord is vain because he can give more while you are sleeping than by working around the clock.
- If the bible is not enough to convince you, listen to what a Professor at Harvard has to say about sleep.

In the Harvard Business review an article called “Sleep Deficit: The Performance Killer” by Dr. Charles Czeisler (SIZE – LER) “likens sleep deficit to drinking too much alcohol, explaining that pulling an all-nighter (i.e., going twenty-four hours without sleep) or having a week sleeping just four or five hours a night actually ‘induces an impairment equivalent to a blood alcohol level of 0.1%.’”³

At that level of impairment, you are considered intoxicated (drunk).

For context of how bold this statement is,

the Blood alcohol level for drunk driving is .08%.

We would all agree getting drunk is a bad idea! So why do we think it is a good idea to stay awake, letting our anxieties keep us from rest.

News flash...Its not!

This Harvard professor is telling us the same thing God has been saying from the beginning.... We are not God!

Sabbath Rest

Ex 20. God gives Israel the Command to take a Sabbath rest – a full day with no work.

And, based on Ps. 127, God wants us to lay down each night (it’s kind of like a daily Sabbath) just to remind us that we are not God. Psalm 121:4 says God never sleeps or get tired. So, when we lie down to sleep we say,

“God, I am turning myself off, even though there is a ton to do... and lots to worry about... but you are staying on and you designed me to turn off, so I can trust you to handle what I can’t.”⁴

I know this is a hard concept for some of you. You are thinking

- It is not vain to put in a hard day’s work.
- “Why is it vain?”
- Aren’t we suppose to work hard? - yes you are.

I want us to take note here:

- God is not excusing Christians from work
- **In 1 Cor 15:10 it says,** “But by the grace of God I (Paul) am what I am, and his grace toward me was not in **vain. (do you hear the connection)** On the contrary, I worked harder than any of them, **yet not I,** but the **grace of God** that was with me.”
- We should work hard whatever your job may be.
- And to work hard is honoring to The Lord
- But working on our own efforts is dangerous.
- Four dangers in working through our own efforts ~~in building, protecting and providing.~~⁵
 1. **If God isn’t with you...you may never finish.**
 - a. Tower of Babel
 - b. Task never feel done
 - c. Hamster wheel.
 2. **The building collapses**
 - a. We can work as hard as possible for the next promotion only to see it go to a co-worker
 - b. You can create the best possible schedule for your kids, only to see it fail immediately.
 - c. Working without God will always lead to a collapse

⁴ Notes taken from J.D. Greear’s research on Psalm 127.

⁵ From John Piper’s sermon “Don’t Eat the Bread of Anxious Toil”

³ McKeow, Greg, *Essentialism*, pg. 97- 98; ([Harv Bus Rev.](#) 2006 Oct;84(10):53-9, 148.)

3. You never see the work finished

- a. Everyone in this room is planning, dreaming and casting vision for the future.
- b. We should do these things and they are helpful when reaching people for Christ.... you have to have a plan!!!!
- c. Yet, without the work of the Lord you will never see it finished.
- d. Without the Lord working, there will be no joy in our plans.

4. Our houses become a place of Tragedy.

- a. How often, too often, do we hear of the failure of a pastor.
- b. You cheat to get ahead at work or lie on a resume; only to have it blow up in your face.
- c. Men, women in the room you start a flirty relationship at work that end with your family in ruin.
- d. ~~Or a CEO who is headed to jail b/c of fraud.~~
- e. ~~I recently watched a documentary about a company who lied on an emissions test, which cost the company millions and the CEO is now in jail.~~
- f. Living together to test your "future spouse?" that ends in a failed marriage.

Is your job an idol? Are you continually worrying about your next relationship or your current one? Or are you resting on God's promise to provide.

One pastor said...

"Jobs are wonderful servants and terrible masters."⁶

⁶ Roark.

I ask, is your life, right now, marked by fruitful rest?

Are you working hard by your own effort, in vain?

We need to work hard but the **decisive** factor for providing is not on us.

Verse two instructs us to trust The Lord to provide rest and

Verse 3-5 is an actual example that highlights our dependence on God to give.

In these verses...

a. God provides the gift of Children.

3 Sons are indeed a heritage from the Lord, offspring, a reward.

4 Like arrows in the hand of a warrior are the sons born in one's youth.

5 Happy is the man who has filled his quiver with them. They will never be put to shame when they speak with their enemies at the city gate.

Children are a gift. We have a part to play in the process, but it is a gift from God.

This passage tells us Children are a...

- Heritage and a...
- Reward
 - not of your effort alone but on God's kindness
- And Arrows

- o As you age and need care, they are there to protect and provide for you.
- o They are future disciples

g. We are partnering with you to help raise the next generation for Christ!

~~4. It is a blessing to see the children of God grow; both through salvation and through childbirth.~~

I want to make something clear about this passage.

1. God is **NOT** rewarding people with Children based on deeds done or not done. ~~When he told Adam and Noah in Genesis to multiply, he meant have children.~~
2. But, children are a reward, meaning, **they are not a burden.** No matter how big or small or how long they live; children are not a burden.
 - a. How often are we guilty of seeing our children as a burden, when God has told they are a reward to us?
 - b. I know so many families who would trade places in a second.
 - c. Parents stop looking at your children as a chore – they are a GIFT!
3. They are arrows waiting to be launched into the world as disciple-makers. Eph. 6 teaches us to disciple our children to love Jesus and His Church
 - a. Sports are great – I played football, got a scholarship. But that was not my main purpose in life.
 - b. Academics
 - i. Please help your kids be as smart as they can be, but don't burden them with stress.
 - c. Milestones
 - i. It's okay if your son/daughter is on a different timeline
 - d. **These things are good, but they are not God**
 - e. Your goal as a parent is to point your kids to Christ and his church.
 - f. This is what we do **in Image Kids** every Sunday.

Some of you listening, your hope is to be a parent and for some reason you find yourself without a child.

- Why doesn't God bless me?
- Why does He withhold this gift from me?

My wife and I have been in your position and we have asked those questions.

~~**Example:** Losing our first child and no guarantee of future pregnancies. The very cause of my anxiety attack I told you about earlier.~~

- ~~In 2015, after a year of negative pregnancy test....(keep it short and to the point)~~

So, all week I have wrestled with these questions of WHY.

And to be honest...I don't know why; the passage does not tell us.

But we can take comfort knowing God only does what is good and right for His children.

You can look at this Psalm and know God loves you, and you can trust Him.

There is a hymn we sing here at Image Church called "Great is thy faithfulness" that rings true and its says

“All I have needed Thy hand hath provided, great is thy faithfulness, Lord into me!”⁷

So, I don’t know why, but I know that if you never have a child you are a child of God.

And, I know that we have been given the gift of salvation – the final rest – through Jesus.

You are not alone; you do not have to go alone through this.

Part of Trusting in the Lord is trusting the things He has put in place to help us. And one of those things is the Church

Jesus gives us His church and He promised to build His church.

VAMP STARTS

J.C. Ryle said this about the church

Great is the **wisdom** with which the Lord Jesus Christ builds His Church! All is done at the right time, and in the right way. Each stone in its turn is put in its right place. Sometimes He chooses great stones, and sometimes He chooses small stones. Sometimes the work goes on fast, and sometimes it goes on slowly. Man is frequently impatient, and thinks that nothing is happening. But man's time is not God's time. A thousand years in His sight, are but as a single day. The great Builder makes no mistakes. He knows what He is doing. He sees the end from the beginning. He works by a perfect, unalterable and certain plan. The mightiest conceptions of architects, like Michelangelo and Wren, are mere trifling and child's play — in comparison with Christ's wise counsels respecting His Church. – J.C. Ryle.⁸

⁷ Chisholm, Thomas, “Great Is Thy Faithfulness,” <https://www.hymnal.net/en/hymn/h/19>

⁸ Ryle, J.C., <https://www.gracegems.org/Ryle/holiness14.htm>

Conclusion

- We believe God has created some miraculous equation which is completed by our anxiety.

But the truth is it doesn't

And to be fair its not really an equation but more of an exchange.

“That is the mystery which is rich in divine grace to sinners: wherein by a *wonderful exchange* our sins are no longer ours but Christ's and the righteousness of Christ not Christ's but ours.”⁹

This is the gospel — the good news that our sins are laid on Christ and his righteousness is laid on us, and that this great exchange becomes ours not by works but by faith alone. “By grace you have been saved *through faith*. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast” (Ephesians 2:8–9).¹⁰

Rom 5:1 says, “Therefore, since we have been declared righteous by faith, we have peace (rest) with God through our Lord Jesus Christ.” -- Romans 5:1 (CSB)

This is the Protection and Provision – the rest – God has provided to us Through Jesus.

We can trust God to protect and provide b/c he has provide the ultimate once and for all sacrifice – Jesus.

And we can put our trust in Him b/c he tells he will never leave us.

⁹ Martin Luther, *Werke* (Weimar, 1883), 5: 608.

¹⁰ John Piper, The Great Exchange, <https://www.desiringgod.org/articles/the-great-exchange>

- When you are struggling to make ends meet – Put your trust in Jesus
- When you have been trying to have kids for years – Put your trust in Jesus
- ~~When you are at your breaking point – Trust God~~
- When you just lost your job – Put your trust in Jesus

If you can trust God with your salvation; you can trust in him to provide anything you need.

****Trusting in God is trusting in the finished work of Jesus and the future hope of being with Jesus for all eternity****

~~Trusting the Lord~~ It's not a magical formula, sometimes it's just simply showing up with all of your dependence on God: weekend worship, serving team, reading your bible, prayer. Sometimes all we can do is wait on the Lord with our continual trust in Him.

It really is as simple as waking up opening your bible and reading God's word – even if it does feel a certain way.

Timothy Keller says waiting/trusting on/in the Lord is a life of **“unconditional obedience and prevailing prayer...rather than jumping the gun by taking matters into your own hands”**¹¹ trust and wait on the Lord.

Solomon was trusting in the promise God made to his father David; we now are able to place our trust in the promised offspring – Jesus.

Jesus lived the life you cannot live. He died the death you should have died. And He overcame death so you and I can live in the promised rest he gives to his children.

If you have never placed your trust in Jesus, now is the time.

Again, there is not magic formula; Jesus simply ask that we surrender to him.

If you want to surrender your life to Jesus or if you have questions, find one of the people with a nametag on; they are ready to listen and help.

Let me pray for us.

¹¹ Keller, Tim, “The Songs of Jesus,” pg. 46.

BULLPEN

If you are not sure what to say you can say something like this.

1. **Jesus, There is nothing I have done that could make you love me less, and nothing I could do that would make you love me more.**
2. **You are all I need for everlasting joy and I surrender my life to you; please be my Lord and Savior.**
3. **Forgive me of my sins and make me a new person in You. ~~As you have been to me, so I will be to others.~~**
4. ~~**As I pray, I'll do so according to the compassion you've shown at the cross and the power you demonstrated through the resurrection.**~~¹²

The band is going to play you just take the next few moments to sit with The Lord and tell him you trust Him.

~~Let me pray for us:~~

- The performance reviews
- Performing well in our new position
- Company buyouts that may affect your job
- You ask the question, "Will I close this deal?"
- My car is dead! How will I make it to work?
- Will my kid hit her milestones like the other kids?

The LORD passed before him and proclaimed, ^d"The LORD, the LORD, a God merciful and ^egracious, slow to anger, and abounding in steadfast ^flove and faithfulness

Ex 34:6

¹² Greear, J.D., "The Gospel Prayer," <https://jdgreear.com/blog/the-gospel-prayer/>

Sabbath Rest in Jesus

Rom 5:1 says, “therefore, since we have been declared righteous by faith, we have peace with God through our Lord Jesus Christ.”

-- Romans 5:1-6 (CSB)

- Think of our Capital City – D.C.
- This country has gone to great lengths to protect itself.
- Think of the agencies we have in this country setup to protect us.
- What about us here today.
- No one in here today is concerned about your safety
 - Well until we start packing up this equipment
 - Watch your fingers and toes.
- ~~○ Today we have the same type of system in this country~~
- I am grateful we have these systems and agencies, but they are not where we should place our Trust.

Examples

Rest and children

We are not told to do anything and this is a wisdom Psalm. This Psalm is also from Solomon who was known as the wisest of men (1 King 4 so that Solomon's wisdom surpassed the wisdom of all the people of the east and all the wisdom of Egypt). As I have been studying this Scripture, there seem to be two different themes being taught in this scripture (Trust God/Don't be anxious and Raise godly children); however, I want us to see these two themes not as exclusive themes but as one larger message

Mark Buchanan "The Rest of God": *"Like a parent who coaxes a cranky toddler to lie down for an afternoon nap by lying down beside her, God woos us into rest by resting...God commands that we imitate him in order to discover again that we're not him, and that we need him. Sabbath is a return to Eden?"*

Looking out at you right now, I can see several of you that are really close to God now.

God intended sleep to be a time every day where you remind yourself you're not God.

I've told you about my desires to not sleep... Furthermore, I had trouble sleeping always being worried about something. But here's the thing. God wants me to lay down each night (it's kind of like a daily Sabbath) just to remind myself that I'm not God. God never sleeps or get tired. So, when I lie down to sleep I say, *"God, I am turning myself off, even though there is a ton to do... and lots to worry about... but you are staying on and you designed me to turn off, so I can trust you to handle what I can't."*

It is not your responsibility to guard the city or build the house or pay the bills; that's God's job. It's your job to be faithful, and after you've been faithful you can lie down to sleep and leave it in His hand.

God designed you so that you needed sleep, and Sabbath, so you could remind yourself daily and weekly that YOU ARE NOT GOD.

Again, until you get this principle, vacations won't work for you. Even when you're on vacation you'll be worried about what you are NOT getting done, the money you are not making!

You might be unplugging from the activity, but you are not unplugging from the STRAIN.

Intro

Hello, my name is Aaron Turner, and I am the XP here at Image Church. Over the last few weeks it has been amazing to see God work here ~~at Image Church~~. We are officially 9 weeks old and from my viewpoint it's been incredible watching things happen. Being the kind of person who spends most of my time behind the scenes, let me tell you a little about myself.

I am from LA – that's Lower Alabama; a small town outside of Mobile. The kind of town where the only stores around are the Piggly Wiggly and Dollar General. The kind of town with only one traffic light. And growing up in the deep south I feel we have a different set of words and phrases than the rest of the country called...

Southernism

To get a better understanding of what I mean, I put together a short list of things said to me or I said growing up. ...you may have heard OR some of you may use these; no judgement here. ~~Here are a few just to give you an idea.~~

BYH (bless your heart)

Hit the Lights (meaning turn off the lights)

Roll Tide/War Eagle (can be fighting words and words of love).

Lord willing and the creek don't rise (no clue what this means)

Finer than frog hair – Really?

~~Tell the truth and shame the devil.~~

Don't be ugly (I guess I will do my best)

~~I tell you what! (what? What are you telling me?)~~

~~Probably the most common is...~~

You just have to **“Trust the Lord”**

We have all heard this before, and most of us have said this phrase

“trust the lord for....”

- The parking spot you can't find – carry underwood.
- The vacation home we have always used is booked
- The free chicken sandwich receipt at chick-fil-a.
- ~~The job interview goes well and you know you will get the offer...~~ just have to trust the lord

The Lord is trust is worthy of every situation but it feels different when the matters are heavier