

“A Man of Rest”

Summary

This message takes us deep into the heart of what it means to find true rest in the midst of life's storms. Drawing from the powerful account in Mark 4 where Jesus sleeps peacefully while His disciples panic in a sinking boat, we're invited to examine a profound question: What manner of man is this who can rest so completely while chaos rages around Him? The answer reveals something transformative—Jesus is a man of rest, and we are being conformed to His image. This isn't about physical sleep or vacation time, though those have their place. This is about soul rest, the kind that comes from being firmly planted in God's will and trusting His purposes even when the waves are beating against our boat. We discover that every storm, every squeeze, every moment when life presses in on us is actually an opportunity for God to expose the areas where we haven't yet entered His rest. The disciples' fear and lack of faith weren't problems to be ignored—they were lessons Jesus wanted to teach after He calmed the storm. Similarly, our trials aren't just obstacles to overcome; they're divine classrooms where we learn to trade our anxiety for His peace. The contrast between Jesus sleeping in obedience and Jonah sleeping in rebellion shows us that true rest only comes when we're aligned with God's purposes. When we're in His will, even the most turbulent circumstances can't steal our peace. This message challenges us to guard our rest, to recognize that it's under constant assault, and to use the tools God has given us—including the gift of praying in tongues—to maintain that spirit-level communion with Him that produces supernatural peace.

Small Group Study Guide – A Man of Rest

Opening Prayer & Icebreaker

Icebreaker Question: When was the last time you felt truly at rest? What made that moment different from your normal experience?

Sermon Overview

This message explores Jesus as a man of rest, examining how He slept peacefully in a storm-tossed boat while seasoned fishermen panicked. We discover that true rest isn't about circumstances but about being centered in God's will and trusting His character.

Key Scripture References

- **Mark 4:37-41** - Jesus sleeping in the storm
- **1 John 3:2** - We become like what we behold
- **Romans 8:28-29** - All things work together to conform us to Jesus' image
- **Hebrews 4** - Strive to enter His rest
- **Psalm 127:1-2** - Unless the Lord builds the house
- **Matthew 11:28-30** - Come unto Me and find rest

Discussion Questions

Understanding the Message

1. **What stood out to you most from this sermon? What challenged you?**
2. **Pastor Rob said "rest is under assault." What are the "waves" currently beating against your boat (your life)?**
3. **Read Mark 4:37-41 together. Why do you think Jesus was able to sleep while the disciples panicked? What does this reveal about His character?**

Going Deeper

4. **The sermon contrasted Jesus sleeping in a boat (in God's will) with Jonah sleeping in a boat (fleeing God's will). What's the difference between these two types of "rest"? Have you experienced either?**
5. **Pastor Rob said, "The stuff we don't like, God often likes." How does this perspective change the way you view your current challenges?**
6. **Jesus asked the disciples, "Why are you afraid? Where is your faith?" What fears are currently stealing your rest? What would it look like to bring those to Jesus?**

Personal Application

7. **The message identified two main rest-stealers: fear and lack of faith/trust. Which one is more prevalent in your life right now? Why?**
 8. **Read Psalm 127:1-2. Are there areas of your life where you're "building your own house" rather than building what God is building? How can you tell the difference?**
 9. **Pastor Rob mentioned that when Jesus was pressed, the Word of God came out. What typically comes out of you when you're under pressure? What does that reveal?**
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Key Takeaways

1. Rest is found in a Person, not circumstances

- True rest comes from relationship with Jesus (Matthew 11:28-30)
- Rest flows from proximity to Christ and staying in sync with Him

2. Rest is protected by being in God's will

- There is no rest outside the will of God
- Being in God's will doesn't mean everything is easy—it means His presence is with you
- Jesus found rest in doing the Father's will (John 4)

3. The storms expose what needs to be delivered

- God allows "waves" to reveal areas that need His rest
- All things work together to conform us to Christ's image
- The squeeze is designed to expose fear and lack of faith

4. Our words steer our future

- Jesus spoke to the storm from a place of rest
- Our tongue is like a rudder (James 3:4-8)
- What comes out when we're pressed matters

5. Rest on every side is God's promise

- 1 Chronicles 22:18 - God gives rest on EVERY side
- God subdues all our enemies, especially the persistent ones
- Past deliverance, present deliverance, future deliverance (2 Corinthians 1:8-10)

Practical Applications

This Week's Challenge

Choose ONE of these practices to implement this week:

1. **Morning Declaration Practice**
 - Each morning, declare: "God has delivered me, is delivering me, and will deliver me" (based on 2 Corinthians 1:10)
 - Identify one specific area where you need to trust God's deliverance
2. **Rest Inventory**
 - Ask yourself: "Am I in God's will in this area of my life?"

- Evaluate your major commitments through the lens of God's presence, not just productivity
 - Identify one thing you're doing that may be outside God's assignment for you
 - 3. **Speech Awareness**
 - Pay attention to what comes out of your mouth when you're under pressure
 - Keep a journal of your responses when "squeezed"
 - Practice speaking God's Word instead of fear-based reactions
 - 4. **Spiritual Communion**
 - Set aside 10-15 minutes daily for spirit-to-Spirit communion with God
 - Practice praying in tongues (if you have this gift)
 - Focus on listening rather than just talking
 - 5. **Fear Confrontation**
 - Write down your top 3 fears that are stealing your rest
 - Find Scripture that addresses each fear
 - Pray specifically for God to replace fear with faith
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Going Deeper: The Gift of Tongues

For Discussion (if your group is open to this topic):

Pastor Rob emphasized praying in tongues as a tool for maintaining rest because:

- It allows your spirit to pray when your understanding is limited (1 Corinthians 14:14)
- It puts your soul (mind) under your spirit (proper divine order)
- It edifies (builds up) the believer (1 Corinthians 14:4)
- Isaiah 28:11-12 connects tongues with rest and refreshing

Questions:

- Have you experienced praying in tongues? What has been your experience?
 - If you haven't, would you be open to exploring this gift further?
 - How might having your "understanding be unfruitful" actually be helpful when facing overwhelming circumstances?
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Prayer Focus

Pray together for:

1. **Personal Rest** - That each person would enter into God's rest in specific areas of struggle
2. **Deliverance from Fear** - For freedom from the fears that steal rest
3. **Faith to Increase** - For growing trust in God's character and promises
4. **Alignment with God's Will** - For clarity about being in the center of God's purposes

5. **Authority in the Storm** - That we would learn to speak peace from a place of rest

For Next Week

Reflection Assignment:

- Read Mark 4:35-41 daily this week
- Journal about one "storm" in your life and how Jesus might be inviting you to rest instead of panic
- Notice when you're trying to "bail water" in your own strength versus resting in God's ability

Memory Verse: *"Come to Me, all you who labor and are heavy laden, and I will give you rest. 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."* - Matthew 11:28-29

Closing Thought

"Your rest, which is ultimately found in God, is under assault. If you don't get anything else out of today, hear these words: Real rest is under assault. It must be guarded. But to guard it, we need to know what it is."

The world needs people who have entered into His rest—because from that place of rest comes the authority to still the storms in others' lives.

Main Points – A Man of Rest

Title: What Manner of Man Is This? Jesus, The Man of Rest

Sermon Summary: This sermon explores Jesus as a man of rest, examining how He maintained perfect peace even while sleeping in a storm-tossed boat. The message emphasizes that true rest is not merely physical relaxation but a spiritual state rooted in being centered in God's will and trusting His sovereignty. Pastor Rob teaches that God allows the "beating waves" of life's difficulties to expose areas where we lack rest, so He can deliver us and conform us to Jesus' image. Real rest comes from intimate relationship with Jesus, being positioned in God's will, and allowing our spirit to lead rather than our anxious thoughts. The sermon concludes with a strong emphasis on the gift of tongues as a practical tool for maintaining spiritual rest, as it allows our spirit to pray beyond the limitations of our understanding and worry.

Key Points:

- Jesus modeled perfect rest while sleeping in a sinking boat, demonstrating rest that comes from being centered in God's will
- Rest is constantly under assault from fear, unbelief, and the pressures of life
- God allows difficulties and "beating waves" to expose areas where we need to learn His rest
- All things work together to conform us to the image of Christ, including trials that teach us to rest
- True rest is found in a person (Jesus), not just in circumstances or physical relaxation
- Being in the will of God is essential to protecting and maintaining rest
- Our words and speech either preserve or destroy our rest; what comes out when we're pressed reveals our spiritual condition
- Praying in tongues is "standard issue" for believers, allowing our spirit to pray when our understanding is limited
- Rest produces authority; Jesus rose from rest to rebuke the storm
- God desires to give us "rest on every side" and subdue all our enemies

Scripture Reference:

- Mark 4:37-41 (primary passage - Jesus calming the storm)
- Mark 4:41 ("What manner of man is this that even the wind and the sea obey him?")
- 1 John 3:2 (When He appears, we shall be like Him because we shall see Him as He is)
- Romans 8:28-29 (All things work together for good; predestined to be conformed to the image of His Son)
- 1 Chronicles 22:18 (God has given rest on every side)
- 2 Samuel 22:1 (David delivered from all his enemies and from Saul)
- Luke 5:1-3 (Crowd pressing on Jesus to hear the Word of God)
- 2 Corinthians 1:8-10 (Pressed out of measure, but trusting in God who delivers)
- Psalm 127:1-2 (Unless the Lord builds the house; He gives His beloved sleep)

- Matthew 11:28-29 (Come unto Me and I will give you rest)
- John 4 (Jesus weary at Jacob's well; "My meat is to do the will of Him")
- James 3:4-8 (The tongue as a rudder; no man can tame the tongue)
- 1 Corinthians 14:14 (He who prays in tongues, his spirit prays but understanding is unfruitful)
- Isaiah 28:11-12 (With stammering lips and another tongue; this is the rest)
- Job 32:8 (There is a spirit in man; inspiration of the Almighty gives understanding)
- 1 Thessalonians 5:23 (Spirit, soul, and body)

Discussion Questions – A Man of Rest

When the storms of life are beating against your boat, what typically comes out of your mouth - the Word of God or fear and accusation?

Are there areas in your life where you're trying to secure your own rest through hard work and bailing water, rather than entering into the rest Jesus offers?

How might God be using the current pressures and difficulties in your life to expose places where you haven't fully surrendered to His rest?

In what ways have you been fleeing the presence of God like Jonah, choosing your own path over God's assignment, and how has that affected your peace?

What would it look like for you to guard your rest by ensuring you're operating within God's will rather than building your own house?

How does the contrast between Jesus sleeping in peace and the disciples panicking in the same boat challenge your understanding of faith and trust in God?

When you're pressed and squeezed by circumstances, what comes out - complaints and anxiety, or the Word of God flowing through you to others?

Have you experienced the gift of praying in tongues as a way to let your spirit pray beyond the limitations of your understanding, and if not, what holds you back?

How might cultivating a lifestyle of rest position you to speak with authority into the storms that others around you are facing?

What specific fear or lack of faith is God trying to address in your life through the waves that keep beating against your boat?

Scriptures – A Man of Rest

Explicitly Mentioned Scripture References:

1. **Mark 4:37-41** - Jesus calms the storm; disciples ask "What manner of man is this?"
2. **1 John 3:2** - "We shall be like him because we shall see him as he is"
3. **Romans 8:28-29** - All things work together for good; predestined to be conformed to the image of His Son
4. **1 Chronicles 22:18** - David speaks of God giving rest on every side
5. **2 Samuel 22:1** - David's song after God delivered him from all enemies and from Saul
6. **Luke 5:1-3** - Crowd pressing on Jesus to hear the word of God; Jesus in fishermen's boat
7. **2 Corinthians 1:8-10** - Paul pressed out of measure, learning not to trust in self but in God
8. **Psalms 127:1-2** - Unless the Lord builds the house; He gives His beloved sleep/rest
9. **Matthew 11:28-29** - "Come unto me all who labor and are heavy laden...find rest for your souls"
10. **John 4** - Jesus weary at Jacob's well; "My meat is to do the will of Him who sent me"
11. **Book of Jonah** (general reference) - Jonah fleeing from God's presence, sleeping in the ship
12. **James 3:4-8** - The tongue as a rudder; no man can tame the tongue
13. **1 Corinthians 14:21** - Speaking in other tongues (quoting Isaiah 28)
14. **Isaiah 28:11-12** - "With stammering lips and another tongue...this is the rest"
15. **1 Thessalonians 5:23** - Spirit, soul, and body preserved blameless
16. **Job 32:8** - "There is a spirit in man, and the inspiration of the Almighty gives him understanding"
17. **1 Corinthians 14** (general reference) - He who prays in an unknown tongue, his spirit prays; edifies himself
18. **Hebrews 4** (general reference) - "Strive to enter into His rest"
19. **Book of Ruth** (general reference) - Naomi telling Ruth to lay down where he lays down

Alluded to but Not Explicitly Cited:

20. **Psalms 121:4** - "He who keeps Israel neither slumbers nor sleeps" (referenced when discussing Jesus sleeping)
21. **Matthew 14:22-33** (implied) - Jesus walking on water (mentioned Jesus could walk out of the boat)
22. **Titus 2:11-12** - Grace that brings salvation teaches us

Devotional – A Man of Rest

Day 1: The Man of Rest

Reading: Mark 4:35-41

Devotional: Jesus slept through a storm that terrified seasoned fishermen. This wasn't ignorance or indifference—it was profound rest rooted in trust. While waves beat against the boat, Jesus remained at peace because He knew His Father's plan. Today, examine what steals your rest. Is it fear? Lack of faith? The waves beating against your life are not meant to drown you but to expose areas where you need to enter deeper into God's rest. Jesus asks you the same question He asked the disciples: "Why are you afraid? Where is your faith?" Your circumstances may be chaotic, but Jesus offers you His rest—a rest that transcends understanding and empowers you to speak peace to your storms.

Day 2: Rest on Every Side

Reading: 1 Chronicles 22:9-19; 2 Samuel 22:1-4

Devotional: David declared that God gives His people "rest on every side." Not partial rest, not temporary relief, but complete rest in every area of life. This rest comes as God subdues all our enemies—every fear, every anxiety, every circumstance that threatens our peace. Notice that David includes "the hand of Saul" specifically, acknowledging that persistent enemy that constantly nips at our heels. God promises to deliver you from all your enemies, especially that one recurring struggle. The waves may beat continually against your boat, but God allows them to expose every area that needs His deliverance. Surrender those areas today. Trust that God has delivered, is delivering, and will deliver you completely.

Day 3: Grace That Teaches

Reading: Titus 2:11-14; 2 Corinthians 1:8-11

Devotional: Grace doesn't just save us—it teaches us. Paul wrote about being "pressed out of measure, above strength" to the point of despair. Yet in that crushing place, he learned a vital lesson: not to trust in himself but in God who raises the dead. Your squeeze, your pressure, your overwhelming circumstance is not random. It's a divine classroom where grace teaches you to shift from self-reliance to God-dependence. When life presses you, what comes out? Complaints or the Word of God? Fear or faith? The storms in your life are God's opportunity to show you where real rest is found. Embrace the lesson. God has delivered, is delivering, and will deliver you.

Day 4: Guarding Your Rest Through Obedience

Reading: John 4:1-38; Psalm 127:1-2

Devotional: Jesus was physically exhausted, sitting at Jacob's well, when a needy woman approached. He could have protected His rest by avoiding the conversation. Instead, He found deeper rest by doing the Father's will. He told His disciples, "My food is to do the will of Him who sent Me." Real rest isn't found in avoiding responsibility or escaping pressure—it's found in being exactly where God wants you. Are you in God's will? Unless the Lord builds the house, those who build it labor in vain. There is no rest outside God's plan for your life. Like Jonah fleeing to Tarshish, we can be busy, even sleeping, but still lack true rest. Align yourself with God's purposes today. His will is your rest.

Day 5: The Tongue and the Rudder

Reading: James 3:1-12; 1 Corinthians 14:2-4, 14-15

Devotional: Your tongue is like a rudder steering your life's direction. James warns that no human can tame the tongue—it's full of deadly poison. Yet God has given believers a powerful gift: praying in the Spirit. When you pray in tongues, your spirit prays while your understanding is unfruitful, allowing you to bypass the limitations of your natural mind. This isn't escaping reality; it's accessing a higher reality where God's Spirit gives understanding beyond human reasoning. In your place of rest, Jesus rose and spoke to the storm with authority. Your words matter. They flow from your rest or your anxiety. Cultivate communion with God Spirit-to-spirit, and let His inspiration give you understanding. From that place of rest, you'll have authority to speak peace to your circumstances.

Reflection Questions for the Week:

- What waves are currently beating against your boat?
- Are you trying to secure your own rest, or are you entering into His rest?
- Where might God be teaching you through your current pressures?
- Is your life aligned with God's will, or are you building your own house?
- What comes out of your mouth when you're pressed and squeezed?