

SLOW DOWN- Week 4

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30

SECURING YOUR SABBATH:

1. Be still- with purpose

Be still and know that I am God.

Psalm 46:10

Surrender your anxiety! Be still and realize that I am God!

Psalm 46:10 (TPT)

Being still requires a choice- SURRENDER

The inability to rest comes down to this: it’s an identity issue

What stops us from stillness? Busyness.

Why are we so busy? We have no boundaries.

Why don’t we have any boundaries? We’re searching for our identity.

See the trap- rest secures our identity in the one place who actually knows who we are
busy-ness keeps us seeking our identity in places we can’t find it

God spoke: “Let us make human beings in our image; make them reflecting our nature, so they can be responsible...”

Genesis 1:26a

We cannot truly know ourselves without knowing God. It’s in the light of His image that He confirms and affirms our identity.

By being still and knowing Him, I am knowing me- my nature is His nature and this empowers me to be responsible with my life.

2. Set boundaries

Lord, you alone are my portion and my cup;

you make my lot secure.

⁶The boundary lines have fallen for me in pleasant places;

surely I have a delightful inheritance.

Psalm 16:5-6

BOUNDARY: A boundary is a personal property line, or limit, that defines where you end and someone else begins.

A boundary shows me where I end and where someone else begins, leading me to a sense of ownership.

What are you owning that you should be releasing? Anything we own outside of ourselves is a yoke that Jesus didn't ask us to pick up.

The power of boundaries- restores your God-given power of choice

No one or no thing can own you unless you give it that power.

We hand over our power when we create an unsustainable lifestyle that we become slaves to.

If I've over-extended myself financially, I don't feel like I have any power to say no to my job

If I've over-extended myself relationally, I don't feel like I have any power to say no to my family/friends

If I've over-extended myself in service, I don't feel like I have any power to say no to my church

Boundaries empower you to be fully present in whatever you are doing- sometimes we bring work home with us because we bring home to work. It's a never-ending cycle when we have no boundaries and never put anything in its proper place.

RESPONSE:

[Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.](#)

[Matthew 11:29](#)

1. Pick up His yoke for the 1st time today and meet Jesus
2. Take the next few moments to simply be still and know that He is God, allowing Him to remove the yoke of wrong identity from you and place His identity on you
3. Ask Him what holy boundaries need to be set in your life