

Help, I'm struggling
with too much hurry
and not enough rest!

September 10, 2023

What's the problem?

- Impact of a lack of rest
- Impact of constant hurry



Recognizing the balance between over-resting and under-resting

- Prov. 19:15 “ Laziness brings on deep sleep, and the shiftless go hungry.”
- Prov. 20:4 “Sluggards do not plow in season; so at harvest time they look but find nothing.”

Who instituted rest and why?

- Gen. 1:31 - 2:3 and 2:15
 - Shabbat – to stop working, or cease exertion
 - Nuakh – to dwell, rest in, settle in safely and peacefully
- Exodus 16:21-30 – introduction of the Sabbath
- Ex. 20:8-11 – the 4th commandment
- Lev. 25: 1- 7 -- the Sabbath Year
- Lev. 25:8-54 -- the year of Jubilee

Sabbath = stop working = rest = trust that God is enough and provides.

“Nuakh” rest

- Exodus 33:14
- God offers rest - “nuakh” - through His divine presence
- Nuakh -- a safe settledness/dwelling, an abiding peace
- God is saying, “Real rest is wherever my presence is.”

Mt. 11:27

27 “All things have been committed to me by my Father. No one knows (epiginoskei) the Son except the Father, and no one knows (epiginoskei) the Father except the Son *and* those to whom the Son chooses to reveal him.

“*epiginoskei*” -- “Knowing exactly and experientially”

Matthew 11:28-30

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 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. 30 For my yoke is easy and my burden is light.”

What are the criteria for receiving Jesus' rest?

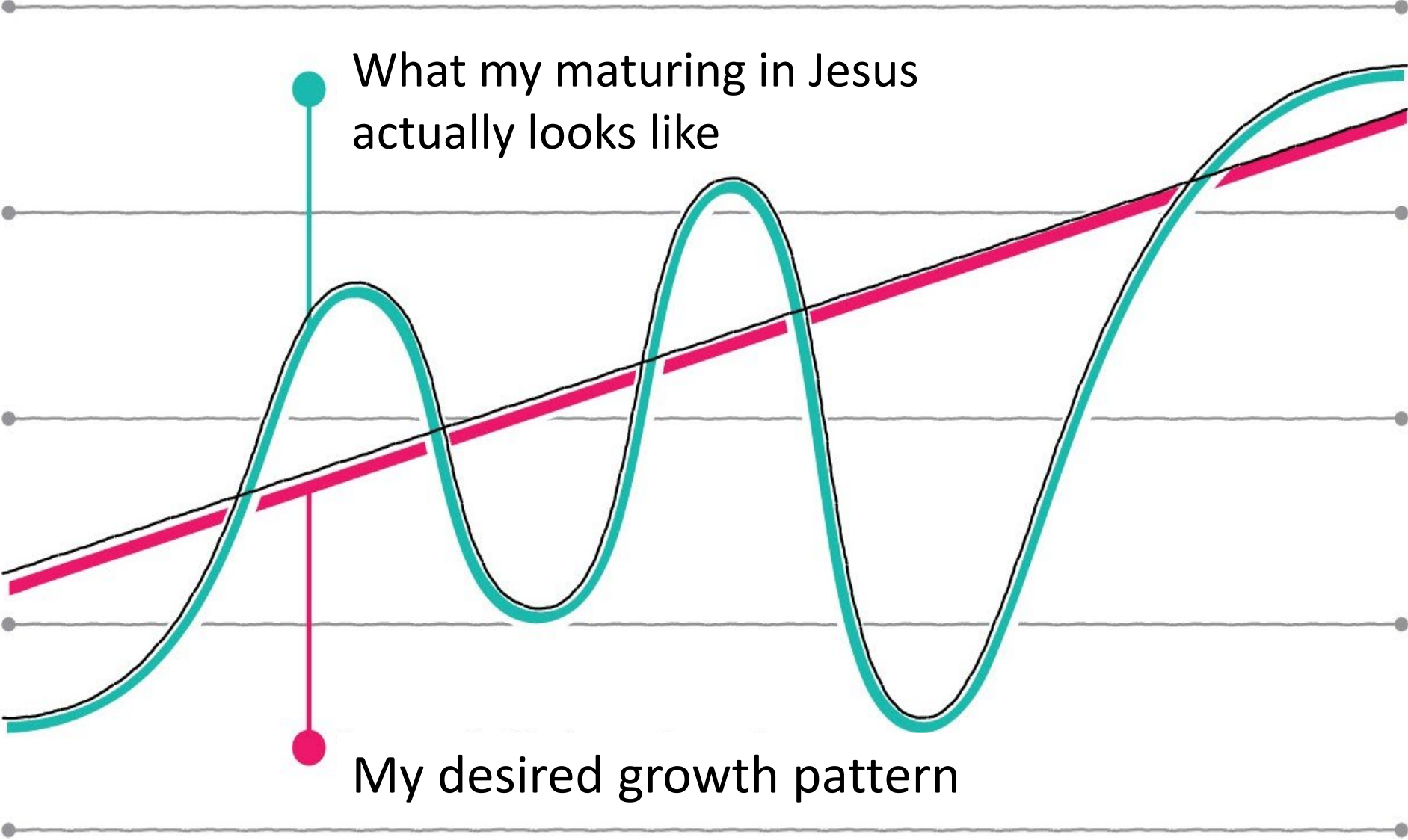
Ok, so now what?

1. Create intentional time to practice the art/discipline of resting in God's presence
2. Be mindful of and ask God to help you root out contributors to a jam-packed life of hurry (PS You do what you love.)
 - FOMO
 - Keeping up with the standards of others
 - Believing I'm a mini-Holy Spirit → over-commitment
 - Worry-hurry – Mt. 6:25-34
 - Equating resting with laziness
 - Busy-righteousness (or busy idolatry)
 - Discontentment

Ok, so now what? (cont'd)

3. Learn and apply godly wisdom to this domain of life
 - Understanding you can't do it all
 - Sometimes you just gotta let something(s) go
 - Find days, or at least half-days, to rest your body, mind and enjoy life-giving activities
 - Apply time management wisdom
 - Ask God for wisdom. (Js. 1:5)
 - Enjoy Jesus' grace while you grow (and struggle)

Enjoy Jesus' grace while you grow



What my maturing in Jesus actually looks like

My desired growth pattern

Some takeaways for hurried, frenetic saints

1. Know and test that God is enough and that He will provide for your needs as you practice periods of intentional rest.
2. Discover that by slowing down and being attuned to His presence you will find the soul refreshing rest you are truly longing for even in the midst of perhaps a full season of life.
3. Ask God for the wisdom and discernment to understand what you're really seeking from all of this hurriedness and to make the choices to create a sustainable pace to your life.