

FINDING REST IN A RESTLESS WORLD

February 18th & 19th, 2023 Lee Strobel

“In the beginning, God created the heavens and the earth.”

Genesis 1:1 (NIV)

“...He rested from all His work.”

Genesis 2:2 (NLT)

“The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary.”

Isaiah 40:28 (NLT)

1. Physical Rest

“One day Jesus said to His disciples, ‘Let us go over to the other side of the lake.’ So they got into a boat and set out. As they sailed, He fell asleep.”

Luke 8:22-23 (NIV)

“...[God] grants sleep to those He loves.”

Psalms 127:2 (NIV)

2. Mental Rest

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

Philippians 4:8-9 (NIV)

“Keep this Book of the Law always on your lips, meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Joshua 1:8 (NIV)

How to Meditate on God’s Word

First, **Ask**

Second, **Absorb**

Third, **Apply**

“I have more insight than all my teachers, for I meditate on Your statutes.”

Psalms 119:99 (NIV)

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.”

Romans 12:2 (NIV)

3. Social Rest

“...The soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul.”

1 Samuel 18:1 (ESV)

"A man of many companions may come to ruin, but there is a friend who sticks closer than a brother."

Proverbs 18:24 (ESV)

4. Spiritual Rest

"Come to me, all you who are weary and burdened, and I will give you rest. 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. For My yoke is easy and My burden is light."

Matthew 11:28-30 (NIV)

"[God's] commands are not burdensome."

1 John 5:3 (NIV)

"See what great love the Father has lavished on us, that we should be called children of God!"

1 John 3:1 (NIV)