

I. Review

- A. Reset Definition** – A series of actions to restore back to order. To make necessary adjustments. To restore back to initial or proper working position.
- B. Isaiah 54:11 (GWT)** – *You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires.*

II. Dealing with Unrest

A. Unrest Definition

1. **A state of dissatisfaction, disturbance, or agitation**
2. **Words associated with Unrest**
 - a. Turmoil
 - b. Disorder
 - c. Strife
 - d. Chaos
 - e. Turbulence
 - f. Anxiety
3. **Uneasy or troubled condition**
4. **A lack of rest – disquieted**

B. There are many whose lives are filled with UNREST.

1. **There is an inward force at work. What is occurring inwardly will manifest outwardly.**
2. **If you could look inside of the people you encounter, you would be amazed at the *INWARD UNREST* that is constantly occurring in them.**

- a. When you meet someone, who is rude or unkind, it is often a result of the unrest that is occurring within.
- b. Often their response to us isn't about us, it is about what is going on inside of them.

3. Don't look so innocent, all of us have experienced unrest in our lives.

- a. Have you experienced any turmoil, chaos, disorder, anxiety, or turbulence?
- b. Has turbulence become the common trend for your daily journey of life?

4. God did not create us to live a life filled with inner unrest.

- a. If you are filled with inner unrest, it will manifest in every part of your life.
- b. Inner unrest is inner conflict. If left unchecked, it will take away from our life.
- c. When our minds/hearts are filled with turmoil, anxious thoughts, uneasiness, these potential issues will arise.
 - 1) Loss of strength.
 - 2) It will constrain you.
 - 3) You will not be productive.
 - 4) Your life will be filled with tension.
 - 5) Your home may be filled with tension.
 - 6) Your health will suffer.

Many illnesses are an outward expression of the inner unrest that is taking a toll.

Many illnesses could be resolved if we could deal with the inner unrest that is the real culprit.

C. What does the Bible have to say about this condition of unrest?

1. Jesus

Matthew 11:28-30 (NKJV) – ²⁸*Come to Me, all you who labor and are heavy laden, and I will give you rest.* ²⁹*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. ³⁰For My yoke is easy and My burden is light.

- a. You who labor and are heavy laden.
Matthew 11:28 (GNT) – *All of you who are tired from carrying heavy loads – I will give you rest.*
- b. My Yoke is easy, and my burden is light.
Jesus says, I have come to remove some things from your life. If you are yoked/connected/attached to me – My yoke is easy. If you are experiencing heavy burdens, they are not of me – my burden is light.
- c. Mike Hensley “This is not our yoke” – reference to many of the things happening in our world that have the potential to put you in a state of “Unrest.”
- d. Often the unrest in our life is caused because we are yoked with things that we shouldn’t be yoked with.
Pastor’s modern interpretation.
You are experiencing unrest because you have allowed yourself to commit to things that you were not called to or created for.
You are experiencing unrest because you have said yes to yokes/things that you shouldn’t have said yes to.
You are experiencing unrest because you have said no to things you should have said yes to. (Spiritual Things)
You are experiencing unrest because you have not said no when you should have said no.
- e. **Psalm 127:2 (NKJV)** – *It is vain for you to rise early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep*
Psalm 127:2 (ESV) – *“Eating the bread of anxious toil”*
Note: Many can’t sleep because there is so much inner unrest. They are up early – sitting up too late – eating the bread of “Anxious Toil.” Anxious labor
Anxious labor says, “I can’t rest,” “I must get going,” “I must keep going,” “I cannot stop,” “I am yoked to this labor” – you are yoked to anxious toil.

2. **Psalm 46:10 (NKJV)** – *“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”*
 - a. Be still – cease striving
Striving is to struggle -to fight vigorously
 - b. The Lord is saying, “Be Still – Stop Striving – Stop the internal conflict – the internal unrest/fight – STOP and be reminded that I am God – Not You!”

3. **Isaiah 30:15 (NKJV)** – *For thus says the Lord God, the Holy One of Israel: “In returning and rest you shall be saved; in quietness and confidence shall be your strength.” But you would not.*
 - a. Returning – repentance – reset
 - b. Rest = being saved
 - c. Quietness and confidence – strength
 - d. The Lord says, “If you want strength – If you want to be strong – you need to reset yourself back to rest, confidence and quietness.”
 - e. **ISV – In staying calm and trusting will be your strength**
 - f. **HSCB – Your strength will be in quiet confidence.**
 - g. **When there is no quietness and rest, there will be no strength.**
NOTE: *Studies show that “Peace and Quiet” have tremendous value. Stress is relieved, mental awareness is increased, it can help to heal the brain.*
This type of peace and quiet isn’t a lack of noise, but a state of peacefulness.
 - h. **The Example of Job**
Job 3:25-26 (NKJV) – ²⁵*For the thing I greatly feared has come upon me, and what I dreaded has happened to me. ²⁶I am not at ease, nor am I quiet; I have no rest, for trouble comes.”*
Note: *This is not Job’s state of mind after his calamities, this is his state of mind prior to his losses.*

Hebrew Translation – I feared a fear and it came upon me.

Job said, - I am not at ease/rest – nor am a quiet – I have no rest – “Where there is no rest – fear is at work.”

III. How do you deal with Unrest?

A. You need to initiate a reset

1. **Psalm 131:1-2 (NKJV)** – ¹*LORD, my heart is not haughty, nor my eyes lofty. Neither do I concern myself with great matters, nor with things too profound for me.* ²***Surely, I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me.***

a. Surely, I have calmed and quieted my soul.

The Psalmist said, I DID IT – not GOD DID IT.

b. We can calm and quieten our inward thoughts and feelings.

c. KJV – Behaved – but it means to still to level – level out

d. Quieted – to silence – to quiet self – to hold peace – to rest

e. If the Psalmist can do it – We can too.

f. The Key to his success is found in verse 1.

I do not concern myself with great matters that are too profound for me.

NOTE: *Much of our inner unrest comes from pondering and reasoning over great matters that may be too profound for us.*

There are some things that we need to leave to God!

If it is too big for me, then I need to leave it in His hands. That's faith!

2. **1 Peter 5:7 (NKJV)** – *Casting all your care upon Him for He cares for you!*

3. **Philippians 4:6-7 (NKJV)** – ⁶*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;* ⁷*and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

Philippians 4:6-7 (AMP) – ⁶*Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your*

[specific] requests known to God. ⁷And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].

To reset your life back to quiet rest – you will have to cast some things off – cast some things on to the Lord.

4. **2 Chronicles 14:2-7 (NKJV)** – ²*Asa did what was good and right in the eyes of the LORD his God, ³for he removed the altars of the foreign gods and the high places, and broke down the sacred pillars and cut down the wooden images. ⁴He commanded Judah to seek the LORD God of their fathers, and to observe the law and the commandment. ⁵He also removed the high places and the incense altars from all the cities of Judah, and the kingdom was quiet under him. ⁶And he built fortified cities in Judah, for the land had rest; he had no war in those years, because the LORD had given him rest. ⁷Therefore he said to Judah, “Let us build these cities and make walls around them, and towers, gates, and bars, while the land is yet before us, because we have sought the LORD our God; we have sought Him, and He has given us rest on every side.” So, they built and prospered.*

Note: *Because of Asa’s actions/resets – the kingdom was quiet under his rule – because of his actions – the Lord gave them rest on every side – and they were able to build and prosper.*