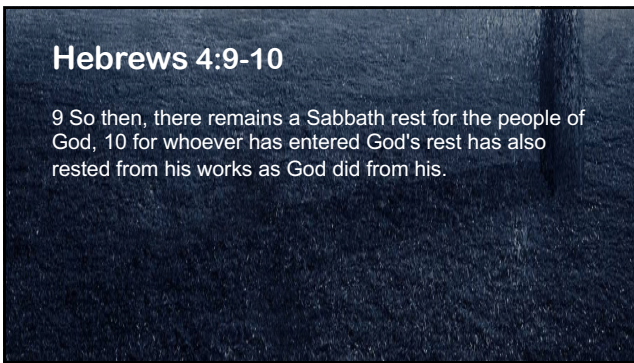




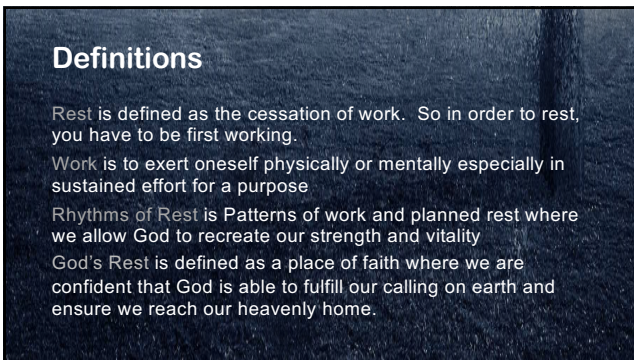
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Hebrews 4:9-10

9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.

2



Definitions

Rest is defined as the cessation of work. So in order to rest, you have to be first working.

Work is to exert oneself physically or mentally especially in sustained effort for a purpose

Rhythms of Rest is Patterns of work and planned rest where we allow God to recreate our strength and vitality

God's Rest is defined as a place of faith where we are confident that God is able to fulfill our calling on earth and ensure we reach our heavenly home.

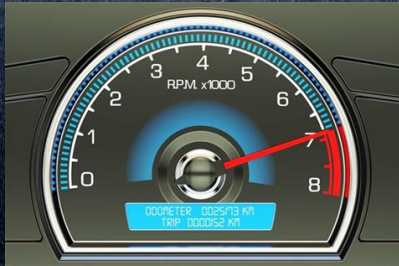
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Rest Diagnostics

1. Lack of rest saps our strength slowly so we don't recognize our weakness
2. Fasting is a diagnostic tool to help identify the little foxes that spoil our rest
3. God's rest includes provision that enable us to outperform.

4

Tachometer – Revolutions Per Minute



5

Luke 21:34 AMP

34 But take heed to yourselves and be on your guard, lest your hearts be overburdened and depressed (weighed down) with the giddiness and headache and nausea of self-indulgence, drunkenness, and worldly worries and cares pertaining to [the business of] this life, and [lest] that day come upon you suddenly like a trap or a noose;

6

Human Tachometer

- 1. Giddiness (Dissipation)
 - 2. Headache (Overthinking)
 - 3. Nausea (Physical infirmity)
 - 4. Drunkenness
 - 5. Worldly worries and cares pertaining to [the business of] this life (Anxiety)
- } Self Indulgence

7

Giddiness (AMP), Dissipation (ESV)

- 1. the giddiness and headache caused by drinking wine to excess
- 2. to spend or use up (time, money, assets) wastefully or foolishly

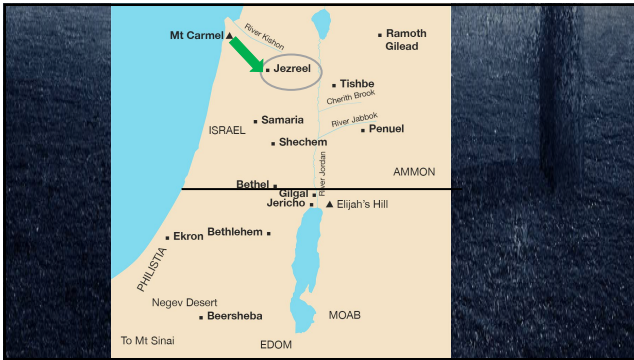
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1 Kings 18

44 ...So Elijah said, "Go and tell Ahab, 'Hitch up your chariot and go down before the rain stops you.'"

45 Meanwhile, the sky grew black with clouds, the wind rose, a heavy rain started falling and Ahab rode off to Jezreel. 46 The power of the Lord came on Elijah and, tucking his cloak into his belt, he ran ahead of Ahab all the way to Jezreel.

9



10

25 Miles from Mt Carmel to Jezreel

Holy Spirit enabled Elijah to run faster than a horse drawn chariot (35-40 MPH). Top sprinter run 23 MPH for short distances.

11

Rest Diagnostics - Giddiness

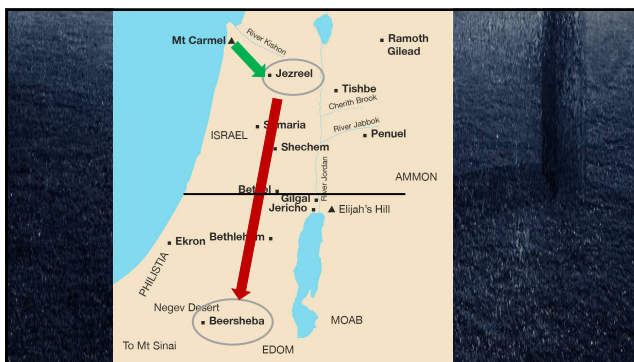
Symptom	Reason
Giddiness	Accurate Prophetic word
Giddiness	miraculous Provision
Giddiness	Defeats Enemies
Giddiness	Rain ends 3 year drought
Giddiness	Outran chariot 25 miles

12

1 Kings 19

1 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword.
 2 Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow."
 3 Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

13



14

100 Miles from Jezreel to Beersheba

Elijah "ran" over at least 14 days to go 100 miles. Most marathon runners require 5-7 days to recover after running 26.3 miles. Elijah is exhausted from physical exertion inspired by intense fear.

15

Pendulum

Swing equal distance in opposite directions

To alternate between opposites

16

Rest Diagnostics

1. Lack of rest saps our strength slowly so we don't recognize our weakness
2. Fasting is a diagnostic tool to help identify the little foxes that spoil our rest
3. God's rest includes provision that enable us to outperform.

17

1 Kings 19

4 But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers." 5 And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." 6 And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.

18

Fasting - Diagnostic and Adjustment Tool

Fasting helps us to identify and then adjust our rhythms to produce a place of faith and rest.

Fasting for food, media, conversation, activities or pursuits

19

Broom (Juniper) Tree

- 1. Shade desert heat and wind
- 2. Fuel
- 3. Charcoal
- 4. Food



Resting Place



20

Rest Diagnostics

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21

1 Kings 19

7 And the angel of the LORD came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." 8 And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

22

Examine your Patterns of Rest

1. Daily
2. Weekly
3. Monthly
4. Yearly

23



24

260 Miles from Beersheba to Mt Horeb

Although on paper that means only 10km a day or so, I can tell you from personal experience that even with modern hiking gear and provisions, even a quarter of that distance in that terrain is exhausting—in sandals, and with nothing more than “a cake baked on the coals, and a cruse of water” to sustain him (1 Kings 19:6) for the whole journey, it’s fairly miraculous.

25

Hebrews 4:9-10

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26



27
