



Developing A Strong Spirit, Pt 2—Rest and Refreshment

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Key Scriptures:

Proverbs 18:14 (AMPC)

“The **strong spirit of a man sustains him** in bodily pain *or* trouble, but a weak *and* broken spirit who can raise up *or* bear?”

Strength in Rest

There is a connection between rest and a strong spirit. You cannot continually go full speed and stay strong. God gave you an example by resting on the seventh after six days of creation. Jesus calls you to come to Him and find rest for your souls (Matthew 11:28-30). The enemy tries to keep you from resting, placing religious pressures upon you with the end goal of burnout. A proper balance of rest and spiritual exercise leads to a strong spirit.

God Calls You to Rest

1. A strong spirit needs rest.

- a. A strong spirit will get you through anything (Proverbs 18:14).
 - i. There is a connection between rest and a strong spirit.
- b. You can rest in the promises of God.
 - i. Those who believe have entered rest (Hebrews 4:10).
 - ii. When reading the Bible observe what God has already done, past tense.
- c. Jesus calls you to rest in Him (Matthew 11:28-30).
 - i. He promises to refresh your soul.
 - ii. His yoke is easy, and His burden is light.
 1. A yoke joins together. Jesus wants to you joined to Him.
 - iii. God is not a task master; He wants us balanced and rested.

2. The enemy tries to keep us from resting.

- a. The enemy takes your good desire to please God and pressures you in religiosity.
 - i. You're not praying enough, studying enough, or doing enough.
 - ii. He says you're not enough.
- b. Legalism will pull you down and drain your spirit.

3. You will find rest and refreshment by waiting on the Lord.

- a. God calls you to be still and know He is God (Psalm 46:10).
 - i. Surrender anxiety.
 - ii. Talk to your soul, remind your soul of what God has brought you through.
- b. Waiting on the Lord will renew your strength (Isaiah 40:30-31)
 - i. You gain supernatural strength when waiting on the Lord.
- c. God keeps you in perfect peace when you keep your mind on Him (Isaiah 26:3).
- d. Resting in God shows you trust Him.
 - i. You learn to trust in His ability beyond your own as you rest in Him.

Supportive Scriptures

- **Ephesians 1:3-4, 6, 8, 22, Ephesians 2:1, 5** (What God has already done.)
- **Matthew 11:28-30** (Jesus calls you to come to Him for rest.)
- **Proverbs 18:14** (A strong spirit will keep you in sickness.)
- **Psalms 23** (The Lord is your shepherd, not your task master.)
- **Psalms 46:10** (Be still and know and know He is God.)
- **Isaiah 40:30-31** (Waiting on the Lord will renew your strength.)
- **Isaiah 26:3** (God will keep you in perfect peace when you wait on Him.)