



## Forward, Part 3

Pastor Mark Thomas | 1-14-2024

### Key Scriptures:

#### **Matthew 11:28-30 (NKJV)**

“Come to Me, all *you* who labor and are heavy laden, and I will give you **rest**. 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. For My yoke *is* easy and My burden is light.”

### Stay In His Rest

True rest is only found in Jesus. Nothing and no one else brings rest and refreshing like our Lord and Savior, Jesus Christ. However, the from of God is not automatic. We must labor to enter into, and remain in, the rest from God. Learning to stay in God’s rest will enable you to move forward into all God has for you.

### Staying In God’s Rest

#### **1. Jesus wants us to rest in Him.**

- a. Jesus called the people to come find rest in Him (Matthew 11:28-30).
  - i. Take His yoke upon you and learn of Him, becoming His student.
  - ii. Repent, turn from the world’s ways to Jesus’ ways and have His rest and His refreshing (Acts 3:19).
- b. To refresh is to: recover from heat; reviving with fresh air.
- c. The Lord brings streams of refreshing (Psalm 126:4).

#### **2. We must stay in God’s rest.**

- a. Hebrews 4:1-12 speaks of the rest that is available for us today.
  - i. Unbelief kept the people from God’s promise land.
  - ii. God’s work of redemption is finished, we do not need to earn it.
  - iii. We enter God’s rest through faith in His finished work.
  - iv. Our labor is to stay in the rest Jesus gave us.
- b. Our labor is to resist the distractions and lies that pull us out of rest.
  - i. We can rest and resist at the same time.
  - ii. We set our confidence fully on what Jesus has done, and God has said.
  - iii. We simply receive what has been accomplished.

#### **3. By remembering we stay in God’s rest.**

- a. Remember what the Lord has done in your life.
- b. “People too often remember what they should forget, and forget what they should remember.”—Pastor Brenda Thomas
- c. David told his soul to remember all the benefits of the Lord (Psalm 103:1-5).
- d. Remembering gives us rest by providing hope for the future (Lamentations 3:21-24).

## Supportive Scriptures

- **Psalm 119:62** (David rejoices at the promises of God.)
- **1 Thessalonians 2:13** (The people accepted the apostles' word as the Word of God.)
- **1 Corinthians 3:6** (Paul planted, Apollos watered, but God gave the increase.)
- **2 Peter 1:3-4** (God's divine power has given us great and precious promises.)
- **Matthew 11:28-30** (Jesus wants us to come to Him and find rest for our souls.)
- **Acts 3:19** (Repent, so that days of refreshing may come from the Lord.)
- **Psalm 126:4** (A prayer for God to restore glory to His people.)
- **Psalm 92:10** (God's anointing makes us strong and mighty.)
- **Hebrews 4:1-12** (God promises rest to those who put their faith in Him.)
- **Psalm 103:1-5** (David tells his soul to bless the Lord and remember His benefits.)
- **Lamentations 3:21-24** (We find hope by remembering God's love and faithfulness.)