

Return to Your Rest, O My Soul!

WHY ARE YOU CAST DOWN, O MY SOUL? And why are you disquieted within me? **Hope in God; For I shall yet praise Him, the help of my countenance and my God.** Psalms 43:5 NKJV

RETURN TO YOUR REST, O MY SOUL, For the Lord has dealt bountifully with you. Psalms 116:7 NKJV

Therefore, let us fear lest, while a promise remains of entering His rest, any one of you seem to have come short of it. 3 **for we who have believed enter that rest...** 11 **Let us therefore be diligent to enter that rest...** Hebrews 4:1, 3a, 11a NASB

Over 350 times, in various ways, the Bible tells us 'do not fear,' 'fear not,' 'don't be afraid.' Yet the Lord tells us to **FEAR not entering His rest – to FEAR coming short of His rest.**

REST is so HUGE to God! He is a God of rest. He is ALWAYS at rest.

In order to walk with Him and flow with Him WE MUST LEARN TO REMAIN IN REST.

In spite of the many things we may have to do day by day, we can learn to remain in an inner state of rest.

We may be standing on the outside, but we can be seated with Him on the inside.

It is not about 'rest from work' but rather 'rest in work.' In our work we can STAY IN HIS REST!

The Grace of God is Attracted to REST

Noah found grace in the eyes of the Lord. Genesis 6:8 NKJV

Noah: OT:5146 Noach (no'-akh) means '**rest.**' This is the first mention of grace in the Bible and it is connected to rest. **Rest pleases God and releases His grace and favor.** The way to see more of God's favor released in our lives is to learn to remain in rest.

*God resists the proud, but **gives grace to the humble.** Therefore **humble yourselves** under the mighty hand of God, that He may exalt you in due time, **casting all your care upon Him,** for He cares for you.*

1 Peter 5:6-7 NKJV

To be proud is to hold on to my cares; *this will surely keep me out of rest!* **Humility is releasing my cares to the Lord and remaining in His rest.** The **BIGGER** we see our God the more we are able to cast our cares on Him, rest in His faithfulness and allow Him to care for us.

Take My Yoke – Learn of Me – Find Rest

*Come to Me, all you who are weary and heavy-laden, and **I will give you rest.** 29 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.** 30 For My yoke is easy and My load is light." Matt 11:28-30 NASB*

Vs 28 speaks of **a rest that is GIVEN,** the rest of salvation by faith. It is **a rest for our SPIRIT;** the rest of knowing that our sins are forgiven and that we have peace with God, Romans 5:1-2. **ALL TRUE REST BEGINS HERE.**

Vs 29 speaks of **another rest, a rest that is FOUND, a rest that is LEARNED, a rest for our SOULS.**

SIT – REMAIN – SAY

He who DWELLS (sits down, settles) in the secret place of the Most High shall ABIDE (remain, lodge, spend the night) under the shadow of the Almighty.

I will SAY of the Lord, "HE IS my refuge and my fortress; My God, in Him I will trust." Psalms 91:1-2 NKJV

Psalm 91, is the great Psalm of DELIVERANCE AND PROTECTION.

Verses 1 & 2 set THE CONDITIONS for all of the wonderful promises of this Psalm to be ours.

Verse 1 – The Most High God invites us *to sit down, to remain and spend the night in His secret place.*

Verse 2 – We are to **SAY** what the Lord is to us! That is **to speak, WITH YOUR MOUTH**, all that He is to you! **SAY IT!** **"LORD, YOU ARE** my fortress, my deliverer, my strong defense, my Savior in all things! **YOU ARE** my wisdom, my righteousness, my redeemer! **I SPEAK the things that Jesus is to me through the cross – HE IS my forgiveness, my righteous identity before the Father, my eternal life, my healing and sooo much more!!!**

Faith Speaks – Your Tongue Directs Your Life

And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak. 2Cor 4:13 NKJV

There is probably nothing more important in our life as a believer than our mouth! The devil wants to steal your confidence and shut you up; *but the word of God in your mouth is a sharp two edged sword against him!*

Spiritual realities are experienced when we SPEAK BY FAITH the things that are true in Christ. The Holy Spirit is *"The Spirit of truth."* **It is ONLY TRUTH that He responds to and makes real in our lives.**

Look at the ships also, though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue... James 3:4-5 ESV

We may feel at times that our lives and circumstances are being driven by fierce winds – **YOUR TONGUE is your rudder – YOU turn your ship (your life), BY SPEAKING THE TRUTH as it is in JESUS!**

Fight the Right Battle!

Fight the good fight of faith. Take hold of the eternal life to which you were called 1Tim 6:12 NASB

Let us therefore be diligent to enter that rest... Hebrews 4:11a NKJV

The enemy of our souls is constantly seeking to distract us with *the little fires and 'urgent things' that flare up to draw us out of our rest.* The more I rush to deal with them the more he starts.

When I resolve to remain in rest, the more I'm able to remain focused on the right things, see the LORD put out the fires and fight my battles and I'm free to focus on the things that really matter – in rest.

Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace.
Matt 11:29a THE MESSAGE

There is an *"unforced rhythm of grace,"* an ease and flow of life to live in hour by hour! Yet if I'm full of unrest and anxiety *I can't pick up His rhythm.* When I allow Him to calm the waters I can *step back into His rhythm.*

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." Isaiah 30:15 NKJV

**Winning the battle to enter His rest and remain there
WILL POSITION ME FOR VICTORY IN EVERY BATTLE OF LIFE!!**