

Title: Entering God's rest
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Why do we often struggle to enter God's rest? Why are we burdened or burned out?

- We rely on our own strengths
- We put pressure on ourselves
- Anxiety/fear/worry/conflict at home or at work
- Most of the time it is a storm in our own hearts and not circumstances

Mary and Martha

Luke 10:38-42

Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house.

And she had a sister called Mary, who also sat at Jesus' feet and heard His word.

But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me."

And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things.

But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

One thing is needed

Psalm 46:10

Be still, and know that I *am* God;

Proverbs 3:5

Trust in the LORD with all your heart, and lean not on your own understanding;

I believe the one thing that is needed is

- Trusting Jesus with your life, your desires, your weaknesses. To watch Him closely and learn from Him. Nobody and no circumstances can take that away from you.

Trust

Think about someone you trust:

- You share your secrets and your heart with that person (Prayer)
- You ask his advice and follow it (Reading the word and being obedient)
- You want to spend time with him, because you feel safe (Jesus being your father, best friend)
- You leave your dog/kitten/goldfish with him over the holidays (You trust Him with what is precious to you and know He will take care of it)

We have to trust the Lord

- Without fear/like a child

How do we trust in the Lord?

- Ask Him to help you
- Trust Him with something and see Him coming through for you

What is the result of trusting in the Lord?

You allow Him to lead you to waters of rest.

Psalm 23:2&3a

He makes me to lie down in green pastures; He leads me beside the **still waters (waters of rest)**. He restores my soul.

Not a place of passivity! When we enter a door, we have to make a decision to walk through. We must choose to put our trust in the Lord. We must FIND something to trust Him for.

Hebrews 4:9-11a

There remains therefore a rest for the people of God.

For he who has entered His rest has himself also ceased from his works as God *did* from His.

Let us therefore be **diligent** to enter that rest...

What is the result of entering God's rest?

1. There is order in your mind, therefore you can prioritise and hear God's voice. You are more productive, you have more energy, you will sleep well.
2. You have the ability to switch off, because you know God is in control. There is joy and contentment, purpose.
3. When you are not burdened, you have the capacity to love the Lord with all your heart, soul, mind and strength and your neighbour as yourself.

Matthew 11:28,29

Come to Me, all *you* who labour 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."