

**Agape House of Worship
Mid Week Bible Study
Wednesday, July 28, 2021**

**Topic : Series -The Power of Rest
*The Rested Life, Rest from God's Perspective***

Main Text: **Jer 31:25**

ESV - For I will satisfy the weary soul, and every languishing soul I will replenish."

MEV - For I satiate the weary souls and I replenish every languishing soul.

MSG - I'll refresh tired bodies; I'll restore tired souls.

Introduction:

Introduction: I woke up on Sunday morning, went straight for my devotional. I was reading the sacred devotional and before I even opened it, I heard the words 'The Rested Life', that's what we are talking about tonight. So, let's talk about rest from God's perspective.

Before then though, let me welcome people into the virtual rooms. Facebook and YouTube

What is God's rest?

This isn't a break from our everyday activities or physical tiredness from a long day at the office. It's the deep peace that God bestows on those who love and obey Him under all circumstances.

Dalton Smith defines it 'as the ability to recognize God in everything and relax in the awareness of the Holy Spirit'

God's rest is a state or place in which God reigns and manages his creation, free of the turmoil and disorder that sin and disobedience have brought about. All who are willing to take a break from the job of getting their own lives under control can enter God's rest. - Ed Jarrett

Why is Rest important?

It is a command with a promise attached to it. Come and I give you rest. There is a condition: Come all that are weary and I will give you! God will not go against freewill. He says come so what happens if you don't come? Weariness hits!

Matthew 11:28

ESV - Come to me, all who labor and are heavy laden, and I will give you rest.

NIV - Come to me, all you who are weary and burdened, and I will give you rest.

MSG -Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

TPT - Are you weary, carrying a heavy burden? Come to me. 11:28 Many times Jesus said, "Come after (follow) me," but only here does he say, "Come to me." See Ex. 33:14; Matt. 23:4. I will refresh your life, for I am your oasis.

Scriptures

1. Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.
~Psalm 46:10) (Be still and rest, knowing that I am God!)

2. My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken. ~Psalm 62:1-2
3. And He said, "My presence shall go with you, and I will give you rest. ~Exodus 33:14
4. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. ~Isaiah 40:29-31

6 Things I have discovered about the rested life

- Is a worshipful life but you can only worship to the degree of revelation that you have of God. What does that mean? You want more revelation of the Lord, you draw near and you put yourself in that posture.
- Depends totally on the holy spirit, it's a total surrender
- Does not get intimidated by other people's success. They know God deals in times and seasons and He will prepare you for your season.
- Does not just survive, it thrives. It lives this song - Do It Again by Elevation especially the part - Your promise still stands --- I've seen you move... A rested life is one that will hear God's instructions and trust me when God is guiding your every step, you cannot go wrong. You can start thriving instead of just existing from day to day. There is a huge difference between just living and existing and living and thriving. It is possible to do the latter!
- Is like a well watered garden. Picture that!
- Is a graceful life because when you move at God's speed rather than yours; even in physical tiredness, there is a grace for what God has called you to. Inspiration will come.
- Is empowered. In rest, there is more in 'being' than there is in 'doing' because in your being, you get the instructions for your doing. And when you get your instructions directly, you are equipped. you are empowered to do what He has equipped you to do!
- There is a need to walk/run/break away from things because they are threats to your rest. SIN!

REST

Remember His promise

Expect His glory

Stay Connected

Trust His ways

Let me leave you with this:

God's rest aligns you to God's will

It focuses you

It settles you

Worship and prayer are a form of rest, so stay in a posture of both. May your life be both worship and prayer full!

I recommend the devotional 'Sacred Rest' on Youversion