

Holiday Rest – Sleep

You, O LORD, are a shield around me; you are my glory, the one who holds my head high...

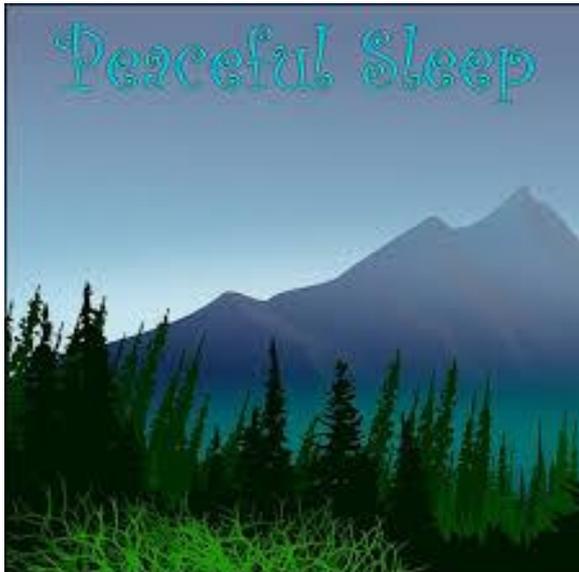
I cried out to the LORD, and he answered me from his holy mountain.

I lay down and slept, yet I woke up in safety, for the LORD was watching over me.

Psalm 3: 3,5 NLT

In peace I will lie down and sleep,
for you alone, O LORD, will keep me safe.

Psalm 4: 8 NLT



How well do we sleep at night?

How can we draw closer to the Lord in sleep?

We give thanks for the gift of sleep, and pray for those who have disturbed nights.

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty ... His faithful promises are your armour and protection.

Do not be afraid of the terrors of the night,
nor the arrow that flies in the day. Psalm 91: 1, 4-5

What do we need? – to get some rest

12 AUGUST 2019

*'Come with me by yourselves to a quiet place and **get some rest.**'*

Mark 6:31 NIV

Why did Jesus **take time out to rest**? So that when He worked, He'd be at His best. And today He wants you to know that if you don't take a break, you won't get one. He wants you to survive the long haul, not just the short sprint. And the first obstacle you need to overcome is guilt. That's what makes us workaholics. We feel guilty and tell ourselves, 'There's just so much to do.' Jesus handled life differently: 'Because so many people were coming and going that [He and his disciples] did not even have a chance to eat, he said to them, "Come with me...to a quiet place and **get some rest.**" So they went away by themselves...to a solitary place' (**vv. 31-32** NIV). Jesus said, 'My yoke is easy and my burden is light' (**Matthew 11:30** NIV 2011 Edition). And the reason He could say that was because people didn't set His agenda, His heavenly Father did. The psalmist said, 'He makes me lie down in green pastures' (**Psalms 23:2** NIV). Today Jesus is saying to you, '**Get some rest,**' and if you're wise you will do it!

UCB Word for Today

What is rest and how do we achieve it?

“Come to me, all you who are weary and burdened, and I will give you **rest**. 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. For my yoke is easy and my burden is light.”

Matthew 11: 28–30 NIV

ANAPAUSIS = cessation, refreshment, rest

Christ’s rest is not a rest from work, but in work,

“Not the rest of inactivity but of the harmonious working of all the faculties and affections – of will, heart, imagination, conscience – because each has found in God the ideal sphere for its satisfaction and development.”

Quoted in Vine’s NT dictionary

To what extent can we apply this definition to our own activities in work, ministry and leisure?

Lack of rest – in busyness, distraction and diversion

*“J’ai découvert que tout le malheur des hommes vient d’une seule chose, qui est de ne savoir pas demeurer **en repos**, dans une chambre...”*

“Nous ne cherchons jamais les choses, mais la recherche des choses.”

Since God has “put eternity into man’s heart” (Ecc. 3.11), people know there is such a thing as **true joy and rest**. But since humans are sinful and fallen (Rom. 3), we sinfully think we can **find joy and rest** in the diversions and distractions of this passing away world. *“As men are not able to fight against death, misery, ignorance, they have taken it into their heads, in order to be happy, not to think of them at all...”*

“The only thing which consoles us for our miseries is diversion, and yet this it the greatest of our miseries. For it is this which principally hinders us from reflecting upon ourselves, and which makes us insensibly ruin ourselves.”

– **Blaise Pascal (1623–1662), Pensées, 139, 135, 171**

Lack of rest – in everyday decision-making

Quoted in *Moneyweek* from article by Mike Erwin in *Harvard Business Review*, August 2019

Decision fatigue As far as possible, make big decisions at a time when you are feeling fresh.

Distraction Modern technology can leave us in a state of continuous distraction and lack of focus. Make time each day to step back from email, social media and news.

Multi-tasking. When you need to make important decisions, find the time required to focus deeply on the task at hand.

Emotions. Pay attention to your emotional state and develop self-control. Resist the temptation to respond to people or make decisions while you're emotionally keyed up. Walk away and come back when you're able to think more clearly and calmly.

Analysis Paralysis. The best way to make good decisions is usually not to take *more* time or to look at *more* information. Review the information you need, set a deadline to make a decision, and then stick to it.

Which of these pointers could be helpful to us in our daily lives?

What difference does it make when start each day by looking to God to direct our ways?

Lack of rest – worry

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4: 6-7 NLT

“So **don't worry** about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

“So **don't worry** about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.”

Matthew 6: 31-34 NLT

MERIMNA = anxious care, worry, distraction, being drawn in different directions

What are our concerns or worries?

How can we turn the negatives into positives?

Words of encouragement to turn the negatives into positives

Always **be full of joy** in the Lord. I say it again—rejoice! Don't worry about anything; instead, **pray about everything**. Tell God what you need, and **thank him** for all he has done. Then you will **experience God's peace**, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

And now, dear brothers and sisters, one final thing. **Fix your thoughts** on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4: 4, 6-8 NLT

What 5 things do we need to do to ensure that we are growing in grace and in the love of God and not seeing things negatively?

God's promise of rest in perfect peace

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience **God's peace**, which exceeds anything we can understand. **His peace** will guard your hearts and minds as you live in Christ Jesus...

Keep putting into practice all you learned and received from me – everything you heard from me and saw me doing. Then the **God of peace** will be with you.

Philippians 4: 6-7, 9

You will keep in **perfect peace** all who trust in you, all whose thoughts are fixed on you!

Isaiah 26: 3

EIRENE in Greek or **SHALOM** in Hebrew describes harmonious relationships between men, nations, God and man, wholeness, salvation
PEACE in English = freedom from disturbance, anxiety, distress, conflict or war,

Now may the peace of the Lord be with you – 2465 Graham Kendrick