

# Rest in the Lord

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[ 0 : 00 ] Psalm 37 verse 7 Psalm 37 verse 7 I want to talk about resting in the Lord.

Resting in the Lord. Psalm 37 verse 7 it says, Rest in the Lord and wait patiently for Him. Fret not thyself because of Him who prospereth in His way, because of the man who bringeth wicked devices to pass.

Rest in the Lord. The writer says there's a blessed rest that can be found. And it's in the Lord. Now I don't know about you, but in this high-tech age with mobile phones, I'm always getting work emails. I never really switch off, you know. You've got that tramp of you're 24 by 7. You just can't help yourself but check your emails to see if there's something important from work or you can go on the internet and access your work emails.

And so it's almost like you don't really switch off anymore. And how we need rest in these days where you can so easily just fall into that trap of being overloaded.

[ 1 : 11 ] Who's ever been there? Been overloaded? Maybe you're there right now. We're living in days like that, aren't we? You could call it the rat race. That's what some call it. People running helter-skelter here and there, running this vicious treadmill in the busyness of the rat race, running on that treadmill, living in days of worry, fear, stress and strain.

It's all too common. But we can find this wonderful rest and it's in the Lord. Mark 6, Mark 6, the Lord Jesus came as he gathered with his disciples and he told them, come ye apart yourselves into a desert place and rest a while.

Mark 6, 31, come ye yourselves apart into a desert place and rest a while. Even as Christians we can get caught up in working, working, working, never stopping.

It's easy to have that trap. The Bible says, work then rest. Work then the Sabbath. It's time to take a rest.

To take out time to rest in him. In Luke 10, 38, we know that familiar story of the two sisters. Two sisters. One was a workaholic and one wanted to worship.

[ 2 : 45 ] In Luke 10, 38, it says, Now it came to pass as they went and he entered into a certain village and a certain woman named Martha received him into her house and she had a sister called Mary, which also sat at Jesus' feet and heard his word.

But Martha was cumbered about much serving and came to him and said, Lord, dost thou not care that my sister hath left me to serve alone?

Bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things.

But one thing is needful, and Mary hath chosen that good part, which shall not be taken away from her.

Mary had chosen the good part of resting, of sitting at his feet, of hearing his word. How can we find that good part?

[ 3 : 54 ] To relax, to let go, to wait on the Lord. How can we find this calm assurance? How can we?

By the way, this morning, if you fall asleep, you're obeying this message. Amen. I know some of you are feeling a bit warm there. Maybe we'll put the air con, check the air con, cool it down, can we?

Someone attend to that? We don't want people getting too uncomfortable. We want you to be resting this morning. Amen. Sister? We want you to be resting.

So if you, feel free to shut your eyes and just relax. Just rest. Just rest. It's quite obvious, usually I'll say keep away. Or work.

Or, you know, labour. But, you know, we've laboured. You've been labouring for five, six days. It's time to rest this morning. Just rest. Just relax.

[ 4 : 53 ] And Jeremiah 6, verse 16, it tells us where we can find this rest. It says, in this encouraging yet tragic verse, Thus saith the Lord, Stand ye in the ways, and see and ask for the old

paths.

Where is the good way? And walk therein, and ye shall find rest for your souls. But, they said, we will not walk therein.

You can receive this soul rest, or you can refuse it. Where is this rest found?

We can find rest in the Lord, number one, because he saves. He saves. And I was talking with a chap just this morning before church, and he was saying how he's walking with the Lord.

He hasn't been to church for some time, but he's walking with the Lord. That's the main thing. We can come to church, we can get busy, busy, busy, and miss the whole point, that there is a rest in the Lord.

[ 5 : 57 ] There is a wonderful rest, a wonderful peace, and it's in our heart, in our soul. Number one, why? Because he saves. He saves. Some cannot rest today because they lack forgiveness.

There is a lack of that real and lasting freedom from guilt, and that peace that we earnestly need. It's not in the bottle. It's not found in drugs, or drink, or sinful pursuits.

True peace comes in the Saviour. It comes in Him. If you're in Christ, there is peace for you. But of the wicked, it says, Isaiah 57, verse 20, But the wicked are as the troubled sea, when it cannot rest, whose waters cast up mire and dirt.

There is no peace, saith my God, to the wicked. You know, it's a familiar saying, isn't it? There's no peace for the wicked. It's Isaiah 57.

It's Isaiah 57, verse 21. It's a common saying, or it was at one time, there is no peace for the wicked. If you're outside of Christ, there is no peace for you.

[ 7 : 11 ] You're like a troubled sea, casting up mire and dirt, muck and filth, like a troubled sea. Troubled, restless, unsettled.

Some people are like that today. They're like that troubled sea of Isaiah 57. And the Lord Jesus, he says to us, come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me, for I am meek and lowly in heart, and ye shall find rest.

Come unto your souls, for my yoke is easy, and my burden is light.

What a promise that is! And it's still a promise you can grasp, hold off today. Come unto me. Find rest.

Find rest this morning. Many are heavy laden with the guilt and power of sin, with the burdens of life. Christ offers peace today.

[ 8 : 21 ] He still extends it today. Peace for your soul. Will you wear his yoke in submission to him, to find that rest that he is for you, that is in him, that sweet rest, that sweet comfort.

Be still and rest. Take the load off your feet this morning. Put your feet up. Just, just, lay back and enjoy that rest this morning.

Amen? That rest that you have as a saved soul this morning. What peace! What rest! What release from burden! What refreshment!

What joy! Be still and rest in the Lord. And know his overshadowing care, and his love for you. That firm foundation, that place of trust, that place of refreshment.

We can rest in the Lord, because he saves. He saves. Secondly, because he satisfies. He satisfies.

[ 9 : 23 ] Some cannot rest today, because they lack contentment. They're always looking, oh, what have the Joneses got? What have the Calvents got? What have the Moustakis got?

What does their car look like? What does their house look like? What have they got that I want? Searching. Never contend.

Never contend. Wanting that Volvo. Wanting that Volvo of the Calvents. It's there. They've got an envy over that vehicle that is in Paul's driveway. They're wanting that vehicle.

They're coveting it. They're coveting it. In that historic vintage condition of that vehicle. They're envious and jealous for that. The people here today who don't have a car, they would like Paul's car.

People today, not content, not content, dissatisfied, looking for something more, singing that song, I can't get no satisfaction. They're still singing it today.

[ 10 : 26 ] People vainly tripping out on drugs, turning to sinful relationships, strange religions and ideas, searching, searching, searching for that Nirvana, for that Shangri-La, looking for that something better, that something higher, that higher level of income, that something better of their lifestyle, wanting those holidays or wanting this or that that they can't seem to get a hold of, wanting something to make them happy, wanting something that the advertisers are telling them that they

need to go into hock and debt to get.

Interest free. Just don't read the fine print. Wanting something more discontent, unsatisfied.

Friends, he satisfies. He satisfies.

He is the one. If you are depressed and disillusioned and dissatisfied, the satisfaction for your soul comes from knowing this one.

The one who made you and programmed you to be his. He's designed you. And we can learn to be content. In Philippians 4 verse 11 it says, Paul says, I have learned in whatsoever state I am therewith to be content.

To be content. So learn to trust him. So learn to trust him in that state that you are in right now. In whatsoever state that you are right now. Trust him and be satisfied.

[11:52] Be content. Be mindful of his care for you. Be mindful of underneath are the everlasting arms. And I was watching Brad before holding those two boys up with those big muscular arms of Brad's and I know God's arms are bigger and stronger.

Amen. God's arms are bigger and stronger. The everlasting arms are underneath you holding you tight to his bosom. Holding you tight. Holding you safe. and you can be satisfied. You can be satisfied that underneath are the everlasting arms.

Even when the storm rages all around we can have that blessed contentment. That blessed assurance. We can know it today. That true comfort of the scriptures. For example that are found in Psalm 91.

Psalm 91. Notice the personal references. Psalm 91. It's one of the beauties of the King James Bible. It doesn't just say you.

It says thou and thee. It means you. Each one individually of you. Read this together. Psalm 91. He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty.

[13:00] I will say of the Lord he is my refuge and my fortress. My God in Him will I trust. Surely He shall deliver thee from the snare of the fowler and from the noise of pestilence.

He shall cover thee with His feathers and under His wings thou shalt trust. His truth shall be thy shield and buckler. Thou shalt not be afraid for the terror by night nor for the arrow that flyeth by day nor for the pestilence that walketh in darkness nor for the destruction that wasteth at noonday.

A thousand shall fall at thy side and ten thousand at thy right hand but it shall not come nigh unto thee. Only with thine eye shalt thou behold and see the reward of the wicked because thou hast made the Lord which is my refuge even the Most High thy habitation there shall no evil befall thee neither shall any plague come nigh thy dwelling.

You can take it personally today. You can take those verses and say that's talking about me. That's talking about me. Each one of you can say that this morning.

We can find rest because he saves because he saves and because he satisfies. And thirdly we can find rest in the Lord because he stills the storm.

[14:26] He stills the storm. We cannot rest where we lack the peace of God. It must be in him. God brings that refreshing, that resting, that renewing.

He can bring peace to the soul that is tormented by demons. We see that through the Gospels. He brings peace to the demoniacs. He can bring peace to the mind that is torn by destructive thoughts. He can bring peace to the heart that is hurting and broken. He can bring peace to the troubled soul in the midst of the storm.

In the midst of the storm. That is where we can find him. That is where Barry found him, in the midst of the storm. God was there. God was there. God is there in that storm.

In Mark 4.37 we see the disciples rowing and laboring on the stormy sea. In Mark 4.37 it says, And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

[15:37] And he, the Lord Jesus, was in the hinder part of the ship, asleep on a pillow. And they awake him and say unto him, Master, carest thou not that we perish?

Sounds a bit like Martha, doesn't it? Carest thou not that we perish? And the Lord Jesus arose and rebuked the wind, and sat unto the sea, Peace, be still!

And the wind ceased, and there was a great calm. The great storm became a great calm. Will we turn to this one?

In the midst of the storm, will we turn to this one and rest on his word? This one, the Prince of Peace, the great peacemaker between God and man.

Will we come to this one? In Exodus 33, 14, the Lord God appeared to Moses, and in verse 14 of Exodus 33, he says, My presence shall go with thee, and I will give thee rest.

[ 16 : 46 ] The presence of the Lord is the place of rest. Will we rest in the Lord? Do we know his salvation? It's not a trying, it's a trusting, it's not a doing, it's a done.

Salvation. He stills the storm. He can touch the wounded spirit still and make you whole. Will you trust him? Will you trust him this morning?

If you're outside of Christ, you're like a troubled scene that casts up its mire and muck and dirt. There is no peace, saith my God, to the wicked.

There may be a vain, an empty, hollow, pretend kind of peace, but the only peace for you is in him. It's only in him. Will you trust him? Will you trust him? Will you find your rest in him this morning?

That wonderful forgiveness when he saves, he saves to the uttermost, to the uttermost, them that come unto God by him.

[ 17 : 54 ] He comes and he gives you that personally. Every sin gone, all the guilt removed. That is how he saves. Will you find how he satisfies this one who satisfies the believer with a soul peace, with an eternal peace, with a contentment, a rest that only he can bring, with that full and complete satisfaction, not from strange philosophies or substance abuse, but with simple faith, trusting him, knowing that one who loved us and gave himself for us, who has the very best plan for us and the fulfillment of which extends to an eternal dimension.

What better way to live? He cares and he shelters us under his feathers in a personal way.

As we read of Psalm 91, my refuge, my fortress, my God, in him will I trust, my shield.

We can rest in that one this morning. We can rest in him and he stills the storm that is all around about and even in the midst of the storm there is peace.

I know it's been said a beautiful picture of a reflective of peace is a picture of a little bird nesting in the shelter of some rocks around a crashing, thundering waterfall.

[ 19 : 30 ] There is peace there even in the midst of the storm. For that little bird there is a place of peace and shelter and for us too in that time of storm there is a wonderful peace that his presence can bring.

Even in the midst of the turmoil of life at times. Philippians 4 it says be careful. In other words don't be full of care. Be careful for nothing but in everything by prayer and supplication with thanksgiving make your request known unto God.

And the peace of God which passeth all understanding shall keep your hearts and minds through Christ Jesus. The peace of God it passes all understanding.

It's going to keep your hearts your minds through Christ Jesus. Don't be anxious in the time of storm in the midst of the storm pray and he will hear.

He will hear. Perhaps you find yourself in the time of storm. Turn to him then turn to him now come and rest in him. Hear him say peace be storm.

[ 20 : 37 ] And there will be a great calm. A great calm. Learn to trust him more. The bottom line is he is our peace. He is our peace.

In Acts 9 31 it says the church had rest. And were edified and walking in the fear of the Lord and in the comfort of the Holy Ghost were multiplied.

The churches had rest. It's interesting this word rest is likewise translated in our Bibles as peace. Rest and peace.

The like word. 2 Thessalonians 3 16 it says now the Lord of peace himself give you peace always by all means the Lord be with you all.

When it says the Lord of peace it's the same word rest. He's the Lord of our rest. He's the one who gives us rest because the peace in him brings rest.

[ 21 : 42 ] Philemon 1 verse 3 it says grace to you and peace from God our Father and the Lord Jesus Christ. Same word grace to you and peace.

There's other verses that say grace mercy and peace. The word peace is the same word translated Acts 9 as rest. Rest.

Grace mercy rest in Christ. In Christ. Ephesians 2 14 it says in part for he is our peace.

The same word again. He is our peace. He is our rest. He is the one we can rest in the Lord. Or will we say we will not walk therein.

When he offers that way of peace will we be like those in Jeremiah who said we will not we will not. We cannot rest in him if we do not know him.

[ 22 : 40 ] True peace comes from trusting him. Make peace with God today. Make peace with God today.

Friends just to wrap up it's a busy world. You've taken time to worship. Take time to rest. Take time to rest. We can be weary and well doing as the first verse. can neglect to go with the shepherds to those quiet waters to those green pastures where he wants us to lie down. Maybe it would be a spiritual thing to have a siesta today. I love that. Don't you? I feel very spiritual I have a rest. I have that rest in the Lord.

Some of you can be like Martha and neglect to sit at his feet to hear his word.

[ 23 : 40 ] Let's not neglect that. Let us pray. Heavenly Father, we love you. We thank you. You are the good shepherd. You take us to those still waters, to those green pastures. You make us to lie down.

Help us to turn aside from the busyness that consumes us, that takes us away from you. Heavenly Father, help us to make time, to be with you, with your word, to be in fellowship, to be with your people.

Help us to put time aside just to rest, just to trust in your promises, just to find that wonderful salvation if there's any lost here today. They'll find that Jesus saves.

Lord, they'll find that Jesus satisfies. They'll find that Jesus stills the storm. We thank you, Lord, in Jesus' precious name, that we can find that true Sabbath rest that is only found as we find our rest in you.

Lord, we pray for that. If there's any here present have yet to trust you, they won't leave this building without speaking to someone about their soul. They won't leave this place without asking someone, how can I become a Christian?

[ 24 : 50 ] How can I find this peace that I heard about this morning? They'll find it today by your grace, by the dragging and pulling and prompting of your Holy Spirit.

They'll surrender, they'll buckle their knees before you, Lord, that each soul might know that rest that only comes from you.

In Jesus' name we pray. Amen.