

## LifeApps: “Rest is Everything” July 29, 2018. Pastor Dan Morgan

**JESUS said:** *Therefore everyone who **hears these words** of mine and **puts them into practice** is like a wise man who built his house on the rock.* Matthew 7:25

**JAMES said:** <sup>22</sup> *Do not merely listen to the word, and so deceive yourselves. Do what it says.* James 1:22

**PAUL said:** <sup>7</sup> *...train yourself to be godly.* <sup>8</sup> *For physical training is of some value, but **godliness** has **value for all things**, holding promise for both the present life and the life to come.* 1 Timothy 4:7-8

**Godliness.** a proper response to the things of God producing obedience and righteous living. Greek word means “pious” or “holy”.

*Come to me, all you who are weary and burdened, and I will give you **rest**.* Matthew 11:28

**Rest** is defined as “peace, ease or refreshment.”

### SPOTLIGHT ON ELIJAH WHEN HE NEEDED GOD’S REST

#### I. Life’s Circumstances will Require Time to REST from:

- **Big Events.**

*Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword.* 1 Kings 19:1

- **Relational Conflict.**

<sup>2</sup> *So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”* 1 Kings 19:2

- **Personal Fear.**

<sup>3</sup> *Elijah was **afraid** and **ran** for his life.* 1 Kings 19:3

- **Hopelessness & Despair.**

<sup>3</sup> *Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, LORD,” he said. **“Take my life;** 1 Kings 19:3-4*

- **Comparison to Others.**

<sup>4</sup> *...I am **no better** than my ancestors.”*

#### II. God’s Prescription of REST from Life’s Circumstances:

- **Sleep & Proper Diet.**

<sup>5</sup> *Then he lay down under the bush and fell **asleep**. All at once an angel touched him and said, “Get up and eat.” <sup>6</sup> He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He **ate and drank** and then lay down again.* 1 Kings 19:5-6

- **Repeat: Sleep & Proper Diet.**

<sup>7</sup> *The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” <sup>8</sup> So he got up and **ate and drank**. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.* 1 Kings 19:7-8

<sup>9</sup> *There he went into a cave and spent the night. And the word of the LORD came to him: “What are you doing here, Elijah?”* 1 Kings 19:9

#### **Peter Said:**

<sup>7</sup> *Cast all your **anxiety on him** because he cares for you. <sup>8</sup> Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.* 1 Peter 5:7-8

#### **Jesus Said:**

<sup>28</sup> *“Come to me, all you who are **weary and burdened**, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light.”* Matt 11:28-30