



Lesson 5

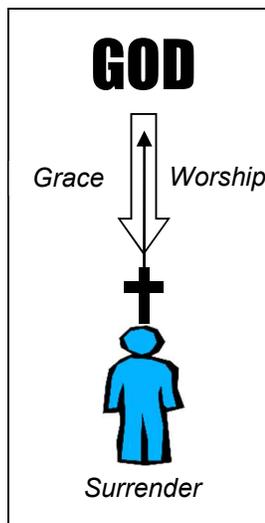
# REST: ENJOYING GOD

*While staying at Nailsworth, it pleased the Lord to teach me a truth, irrespective of human instrumentality, as far as I know, the benefit of which I have not lost, though now more than forty years have since passed away. The point is this: I saw more clearly than ever, that the first great and primary business to which I ought to attend every day was, **to have my soul happy in the Lord.** The first thing to be concerned about was not how much I might serve the Lord... but how I might get my soul into a happy state and how my inner man might be nourished. For I might seek to set the truth before the unconverted, I might seek to benefit believers, I might seek to relieve the distressed, I might in other ways seek to behave myself as it becomes a child of God in this world; and yet, not being happy in the Lord, not being nourished and strengthened in my inner man day by day, all this might not be attended to in a right spirit.*

—George Müller (1805-98)

The God-Centered Life is a life of joyful worship. It is being so overwhelmed by God's grace and love in Jesus Christ that you are filled with all of His fullness. It is being so saturated with His Spirit that the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control flow out of your being. It is rejoicing always in His goodness and having His joy truly be your strength.

*Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:16-18)*



Is this kind of life even possible? Not in our own strength...and not without realizing the challenges in our present culture.

- Too much \_\_\_\_\_.
- Too many \_\_\_\_\_.
- Too few \_\_\_\_\_.
- Too little \_\_\_\_\_.

## THE PRINCIPLE OF REST

*And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

—Genesis 2:2-3

**Question 1.** What is the chief and highest end of man?

**Answer:** Man's chief and highest end is to glorify God, and fully to enjoy Him forever.

—Westminster Larger Catechism

*Nothing should give greater joy to all God's people than to meditate upon the love of Christ. Indeed, our chief defect as Christians is that we fail to realize Christ's love to us.*

—D. Martyn Lloyd-Jones

*It is not God who loads us until we bend or crack with an ulcer, nervous breakdown, heart attack, or stroke. These come from our inner compulsions coupled with the pressure of circumstances.*

—Charles E. Hummel

*No one in the history of humankind has ever had to live with the number and intensity of stressors we have acting upon us today.*

—Dr. Richard Swenson

*If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God, you'll be at rest.*

—Corrie ten Boom

- God is a God of \_\_\_\_\_ and \_\_\_\_\_ (cf. Matt. 25:21; Heb. 4:10).
- God has built the need for rest into our bodies (cf. Mark 4:38).
- God has incorporated times of rest into the rhythms of the calendar (cf. Leviticus 23:1-44; 25:1-55).

NOTE: God created the Sabbath and commanded us to rest not to put a legalistic burden on us but to free us from our own inner compulsions and give us an opportunity to enjoy Him and His goodness. Thus, the Sabbath is not a strict rule over us but a gracious gift to us (Mark 2:27).

### THE PURPOSE OF REST

- \_\_\_\_\_ (Exodus 23:12).
- \_\_\_\_\_ (Lev. 23:39-41; Deut. 28:47-48).
- \_\_\_\_\_ (Psalm 46:10; cf. Luke 10:38-42).

### THE PRACTICE OF REST

*Come to Me, all who are weary and heavy-laden, 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)

- \_\_\_\_\_ to Jesus.
- \_\_\_\_\_ to Jesus.
- \_\_\_\_\_ from Jesus.

### Walking the God-Centered Path This Week

- What is currently stealing your joy in the Lord? What makes you angry, worried, or annoyed? Why does this bother you so much? What can you learn from Jesus?
- Establish a daily and weekly rhythm. Reserve the first hour of your day for the Lord and for the nourishment of your soul. Reserve one day a week to reorient your focus and to rejoice in God's goodness.
- Complete the Lesson 6 study on *Family: Building Up the Home*.

*God is happiness by His essence: for He is happy not by acquisition or participation of something else, but by His essence.*

—Thomas Aquinas (1225-74)

*Whoever possesses God is happy.*

—Augustine (354-430)

*Rest does not mean freedom from all nuisances and hassles; it means freedom from being so easily bothered by them. It means to be inwardly quiet, composed, peaceful. To enter God's rest is to be at peace with God, to possess the perfect peace He gives.*

—John MacArthur, Jr.

*In order to do anything that matters, we must first be able to give attention to the things that matter.*

—James Williams

*Few things are as damaging to the Christian life as trying to work for Christ without taking time to commune with Christ. If serving Christ makes us difficult to live with, then something is terribly wrong with our service!*

—Warren Wiersbe

**Be still.** Hebrew, *rapha*, "to sink, relax, sink down, let drop."

**Worry.** Greek, *merimnao*, lit., "a divided or distracted mind."

*Lord Jesus, make my heart sit down.*

—African Proverb

*In a world where everyone's deity says to do, do, do, the God of Israel says to stop. The air we breathe of this fallen world is anxiety: Keep busy and stay nervous. And it's into this mess that the fundamental message of God's salvation sounds: Trust me and rest.*

—Jonathan Parnell