FAITH TO REST

"**Rest** is peace with God."
John Owen

1 The Lord is my shepherd; I have all that I need. 2 He
lets me rest in green meadows; He leads me beside
peaceful streams. 3 He renews my strength. He
guides me along right paths, bringing honor to His
name.

PSALM 23:1-3 NLT

8 don't harden your hearts as Israel did when they
rebelled, when they tested me in the wilderness.
19 So we see that because of their unbelief they were
not able to enter his rest.

HEBREWS 3:8, 19 NLT

Rest Is Possible If...

1. I identify the cause of my weariness

So we see that because of their unbelief they were
not able to enter his rest.

HEBREWS 3:19 NLT

9 There remains therefore a rest for the people of
God. 10 For he who has entered His rest has himself
also ceased from his works as God *did* from His.

HEBREWS 4:9-10 NKJV

11 Let us therefore be diligent to enter that rest, lest
anyone fall according to the same example of
disobedience.

HEBREWS 4:11 NKJV

12 For the word of God is living and powerful, and
sharper than any two-edged sword, piercing even to
the division of soul and spirit, and of joints and
marrow, and is a discerner of the thoughts and
intents of the heart.

HEBREWS 4:12 NKJV

"Unbelief and disobedience are closely related."
D. A. Carson

13 And there is no creature hidden from His sight, but
all things are naked and open to the eyes of Him to
whom we must give account.

HEBREWS 4:13 NKJV

"My attention to God's Word is the antidote to unbelief."
Charles Stanley

Rest Is Possible If...

2. I Identify What or Whom I Am Trusting for Rest

14 Since then we have a great high priest who has
passed through the heavens, Jesus, the Son of God,
let us hold fast our confession. 15 For we do not have
a high priest who is unable to sympathize with our
weaknesses, but one who in every respect has been
tempted as we are, yet without sin. 16 Let us then with
confidence draw near to the throne of grace, that we
may receive mercy and find grace to help in time of
need.

HEBREWS 4:14-16 ESV

25 Whom have I in heaven but you? I desire you more
than anything on earth. 26 My health may fail, and my
spirit may grow weak, but God remains the strength
of my heart; he is mine forever.

PSALMS 73:25-26 NLT

You are my refuge and my shield; your word is my
source of hope.

PSALMS 119:114 NLT

Those who live in the shelter of the Most High will find
rest in the shadow of the Almighty.

PSALMS 91:1 NLT

18 In every thing give thanks: for this is the will of God
in Christ Jesus concerning you.

I THESSALONIANS 5:18 KJV

Rest Is Possible If...

3. I Trust Jesus as My Safe Refuge

28 Then Jesus said, "Come to me, all of you who are
weary and carry heavy burdens, and I will give you rest.
29 Take my yoke upon you. Let me teach you, because I
am humble and gentle at heart, and you will find rest for
your souls. 30 For my yoke is easy to bear, and the
burden I give you is light."

MATTHEW 11:28-30 NLT