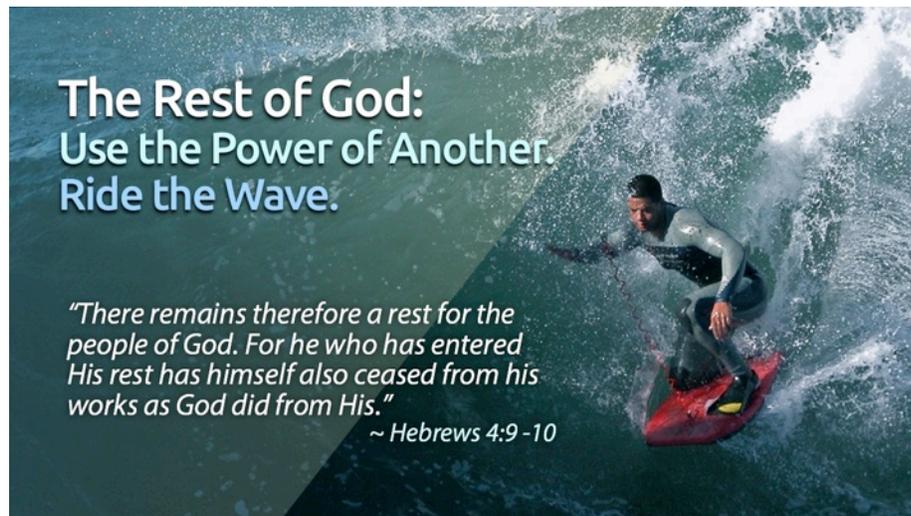


## The Rest of God: Use the Power of Another. Ride the Wave.

by Pastor Bryan Hudson, Th.B., B.S., M.S.



Hebrews 4:9 *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.*

Matthew 11:28, *"Come to Me, all you who labor and are heavy laden, and I will give you rest. 29) "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30) "For My yoke is easy and My burden is light."*

- A. Jesus knows that ours is a weary and worn generation. People who have slept 8 to 10 hours wake up saying, "You know, I feel so tired."
  1. What see today is not just a weariness of body, but of soul and spirit.
  2. Jesus said He would give rest to those who "labor" and are "heavy laden."
    - a. Don't we all have to do some labor and carry some burdens?
    - b. We should work, but we should not labor.
    - c. To **work** is to fulfill your necessary obligations in life to the glory of God. To **labor** is to toil to the point of weariness and distress.
    - d. **Work becomes labor when you do or carry more than you can**, more than you should without the help and strength of God, the Holy Spirit, who is also called our Comforter and Helper.
    - f. The Word of God without faith does produce results
    - e. Heb. 4:1, *Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. 2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. 3 For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,'"*
  3. Our rest comes through accepting the yoke of Christ
    - a. We do not rest from our work, but in our work.
    - b. The Hastings' Bible Dictionary defines "rest" in this manner: *"Christ's rest is 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.”*

- c. The best definition of “rest” I’ve heard is: **“Using the Power of Another”** Like a surfer riding the power of a wave
  - d. *We only “labor” to enter into the rest of God*
  - e. Hebrews 4:11 *Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.*
4. The yoke of Christ is an invitation to partner with Him.
- a. Yokes are used to link oxen together that they together, and with greater ease, may do the work of plowing fields.
  - b. Note that the yoke of Jesus Christ is not *imparted* by Him, but *shared* by Him. That is, when you take His yoke upon you and begin the work of plowing your fields of life, you will notice that this yoke, unlike any other kind of yoke, is easy. Also you will note that this burden, unlike any other burden, is light. When you ask yourself, **“Why is this yoke easy and this burden light?”**, All you will have to do is look over to your side, **and you will see Jesus in the same yoke with you and bearing the same burden with you!**
- B. Only with Jesus will you find rest for your souls – for your mind, will and emotions. Nothing short of receiving Him as Savior and Lord, and learning of Him, will make a difference.

What is **REST**?

**R - Return** to God. Use the power of Another

**E - Expect** renewal through being refreshed in the Lord

**S - See** the new way God is showing you. Relying less on your own strength and more on the Lord’s strength.

**T - Testify** to the goodness of God. Tell someone about the goodness of God in your life