

Soul Care
Rest For Your Soul
October 11, 2020

Read Matthew 11:28-30 “*Come to me, all you who are weary and burdened 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.*”

Question: How does this verse speak to your soul regarding rest?

Read Matthew 3:17 “*You are my Son, whom I love; with you I am well pleased.*”

Question: Why is acceptance so important in the life of Jesus and in our lives as well?

Pastor John said, “The alternative to soul-acceptance is soul-fatigue.”

Question: How have you experienced soul-fatigue in your life?

Read these sustaining practices in the life of Jesus.

He prayed frequently.

He had a circle of close friends

He engaged in regular corporate worship at the synagogue.

He fed his mind with Scripture.

He enjoyed God’s creation — mountain, garden, and lake.

He took long walks.

He welcomed little children and hugged them and blessed them.

He enjoyed hanging out with non-religious types. Jesus didn’t just love lost people, he liked them.

Question: Which of these do you have as a part of your life cycle of grace?

Read the following indicators of soul fatigue.

- Things seem to bother you more than they should.
- It’s hard to make up your mind about even a simple decision.
- Impulses to eat or drink or spend are harder to resist than they otherwise would be.
- You are more likely to favor short-term gains in ways that leave you with high long-term costs.
- Your judgment is suffering.
- You have less courage.

Question: Identify if any of these are prevalent in your life.

The Grace of significance: We were made to make a difference beyond ourselves. Read the “I AM” statements: *I am the bread of life* (John 6:35); *I am the Way* (John 14:6); *I am the Vine* (John 15:5); *I am the Good Shepherd* (John 10:11). Those are the reasons Jesus came into our world.

Read the following “YOU ARE. . .” statements: *You are the light of the world.* (Matthew 5:14) *You are the salt of the earth.* (Matthew 5:13) *You are a city on a hill.* (Matthew 5:14)

Question: How do these passages relate to our significance in the world?

Discuss the following statement by pastor John “Significance is about who we are before it is about what we do. Significance precedes performance. The grace of significance liberates me from the need to hurry.”

Look at the following difference between being busy and hurried.

Question: Which one are you?

Note the differences between the two:

Busy

A full schedule

Many activities

An outward condition of the body

Physically demanding

Reminds me I need God

Hurried

Preoccupied mind

Unable to be fully present

An inner condition of the soul

Spiritually draining

Causes me to be unavailable to God

Read Mark 6 :31 “*Come with me by yourselves to a quiet place and get some rest.*”

Question: When is the last time you went off by yourself and spent some time just resting?

A spiritual challenge for you personally. Plan a day to just rest... to spend the day resting, basking in the presence of the Lord. Turn off the phone, turn off the noise and be alone with God and restore your soul. Read Psalm 23 and let him lead you beside the still waters.

Solitude is the practice of being absent from people and things to attend to God.

Silence is the practice of quieting every inner and outer voice to listen to God.

Psalm 23:2 says “*He makes me lie down.*” He doesn’t invite us to lie down. He doesn’t plead with us to lie down. He makes us. Like little children who don’t want to go to bed... He makes us lie down.

Question: Is it bedtime for your soul?

The Cycle of Grace: Achievement.

Think of the days of creation and what happened on each day:

Day one: Let there be light

Day two: Heavens and earth

Day three: sky, land, vegetation

Day four: sun, moon, stars

Day five: living creatures in the water and sky

Day six: livestock, creatures on the land and man

Day seven: rest

Man is created on day six and what is the first thing that happens after man is made? Day of rest.

Adam said, “A vacation day and I just started? I think I’m going to like this place!”

Discuss the following statement by Pastor John...

“Here’s the principle: We work from our rest; not rest from our work. Let that sink in. We work from our rest; not rest from our work. That’s the secret of achievement.”

Read this statement and discuss with your group. “It was as if God was seeking to instill in Adam as soon as he showed up: the most important thing you are going to do here is to enjoy, rest and delight in me. “I made you and love you not because you are productive and useful to me. You have value and worth not because you are a human *doing*; but because you are a human *being*. And I made you most of all to be with me.”