

## **FROM STRESS TO REST**

Stress is that gap between the demands placed on you and the strength and time you have in meeting those demands.

Matthew 11:28, MS

28 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest.

Matthew 11:28, MS

29 Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. 30 Keep company with me and you'll learn to live freely and lightly."

### **1. KNOW WHO YOU ARE**

John 8:12, NASB

"I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life."

John 8:17, NASB

Even in your law it has been written that the testimony of two men is true.

John 8:18, NASB

I am He who testifies about Myself, and the Father who sent Me testifies about Me."

- I am the bread of life
- I am the light of the world
- I am the door
- I am the good shepherd
- I am the resurrection and the life
- I am the way, the truth, and the life
- I am the true vine

### **2. KNOW WHO YOU'RE TRYING TO PLEASE**

John 5:30, NASB

"I can do nothing on My own initiative. As I hear, I judge; and My judgment is just, because I do not seek My own will, but the will of Him who sent Me."

John 8:29, NKJV

"He who sent Me is with Me; He has not left Me alone, for I always do the things that are pleasing to Him."

Galatians 1:10, NKJV

For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.

### **3. KNOW WHAT YOU'RE TRYING TO ACCOMPLISH**

John 8:14, NASB

“Even if I testify about Myself, My testimony is true, for I know where I came from and where I am going.”

John 18:37, NKJV

“...To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth...”

Luke 4:43, NKJV

“I must preach the Good News of the Kingdom of God in other places, too, because that is why I was sent.”

### **4. FOCUS ON ONE THING AT A TIME.**

Luke 10:38-42, NKJV

38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. 39 And she had a sister called Mary, who also sat at Jesus’ feet and heard His word.

Luke 10:38-42, NKJV

40 But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.”

Luke 10:38-42, NKJV

41 And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”

Philippians 3:13, NKJV

Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead,

Philippians 3:14, NKJV

I press toward the goal for the prize of the upward call of God in Christ Jesus.

### **5. DON'T TRY TO DO IT ALL YOURSELF**

Mark 3:14-15, NASB

14 And He appointed twelve, so that they would be with Him and that He could send them out to preach, 15 and to have authority to cast out the demons.

1 Peter 5:5, NIV

In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble."

1 Peter 5:6, NIV

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

1 Peter 5:7, NIV

Cast all your anxiety on him because he cares for you.

### **Anxiety**

### **Pride**

1 Peter 5:8, NIV

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Psalms 55:22, NIV

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

### **• We Depreciate Our Worth**

1 Kings 19:4, NIV

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; I am no better than my ancestors."

### **• We Underrate Our Work**

1 Kings 19:10, NIV

"I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

### **• We Exaggerate Our Problems**

1 Kings 19:10, NIV

"I am the only one left..."

### **• We Abandon Our Dreams**

1 Kings 19:4, NIV

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..."

## **6. MAKE A HABIT OF PERSONAL PRAYER**

Mark 1:35, MS

While it was still night, way before dawn, he got up and went out to a secluded spot and prayed.

Philippians 4:6-7

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Philippians 4:6-7

7 If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

## **7. TAKE TIME OFF TO ENJOY LIFE**

Mark 6:30-32, NLT

30 The apostles returned to Jesus from their ministry tour and told him all they had done and what they had taught.

Mark 6:30-32, NLT

31 Then Jesus said, "Let's get away from the crowds for a while and rest." There were so many people coming and going that Jesus and his apostles didn't even have time to eat. 32 They left by boat for a quieter spot.

2 Chronicles 36:20-21, NRSV

20 He took into exile in Babylon those who had escaped from the sword, and they became servants to him and to his sons until the establishment of the kingdom of Persia,

2 Chronicles 36:20-21, NRSV

21 to fulfill the word of the LORD by the mouth of Jeremiah, until the land had made up for its sabbaths. All the days that it lay desolate it kept sabbath, to fulfill seventy years.