

REALIGN SERIES (WEEK 4)
LIVING IN THE EYE OF THE STORM-MOVING FROM STRESS TO REST

“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 light.”
(Matthew 11:28-30 NIV)

I. Introduction

A. Today we want to see how we can align with God’s best for our lives by learning to _____ of the stress of the world around us and come in line with the peace and perspective of God within us.

B. In this passage Jesus invites people to come away from the grind of religion to the peace of a relationship. Religion is about performing; a relationship is about partnering with Jesus. Being a successful Christian is not about doing more for Jesus but simply doing more with Jesus. Peace and victory are not in trying harder but in _____.

C. The difference between stress and rest in Jesus comes down to learning to be _____ by the Spirit rather than driven by the world, the flesh, or the devil.

1. When we’re driven, we end up in the storm; when we’re led, we live in the eye of the storm. Jesus wants to befriend you and lead you, not drive you.

“Where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.” (Hebrews 6:20 NIV)

“The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures; he leads me beside quiet waters.” (Psalms 23:1-2 NIV)

2. Rest is not the absence of work; it is the strength and presence of Jesus _____ our work. It is work by His strength not our own.

“Without Christ you will work even while you’re resting. With Christ you will rest even while you’re working.” –Tim Keller

“I’m in the storm, but the storm is not in me.” –Eileen Walker

II. Some reasons learning to go from stress to rest is so important

A. When we live in rest, we make _____ decisions and have fewer regrets.
“A person in a hurry makes mistakes.” (Proverbs 19:2 GW)

“If the devil can’t make us sin, he’ll settle to make us too busy.”

Some things we drop when in a hurry can be replaced, but if we hurry too much, we can drop things that are irreplaceable.

B. When we are at rest, we put ourselves in a place to see God do incredible things.

1. In rest we _____ His voice, when whisper shifts everything.

2. When we rest, we move from our strength to _____ strength.

“Even the youths shall faint and be weary, and the young men shall utterly fall, But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”
(Isaiah 40:30-31 NKJV)

3. When we are stressed, we miss opportunities; when we rest, we give God _____ to do the miraculous. When we work God rests, when we rest, God works.

“In repentance and rest is your salvation, in quietness and trust is your strength.”
(Isaiah 30:15 NIV)

4. It is learning to rest that helps us last and _____.

Some people think I need to work hard so I can rest, but I think the Bible teaches we need to rest if we're going to work hard and finish well.

III. Steps to move from stress to rest.

A. Spend time being renewed and refreshed by Jesus. Make room for God in your world _____ and with extra room on Sunday.

"Come to me all you who are weary and burdened and I will give you rest." (Matthew 11:28 NIV)

1. Waiting on Jesus means making time with Jesus your _____ priority.
2. The goal in spending time with Jesus in His word and prayer in a way that you hear His whisper. The highest goal of spending time with Him is to listen and to stay aware of Him.
3. The goal is to not leave Him in your prayer closet but to _____ - _____ with Him throughout your day. We need to both learn how to rest from work and to rest in work.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." (Proverbs 3:5-6 NIV)

B. Take your yokes off and put His yoke on.

1. We take our yoke off by unburdening our hearts through confessing our sins, releasing our offenses and giving God our anxieties, worries, and concerns.

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." (Psalms 139:23-24 NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." (Philippians 4:6-7 NIV)

2. Putting on His yoke is giving Him complete control by _____ and believing that He is in command of everything, and will use whatever comes to work out for His good in our lives.

Peace comes from making God big in our hearts by declaring our surrender and trust with _____. It is in praise we become aware that His presence within us is bigger than the problems around us.

C. We live in rest when we choose to live with _____ perspective.

1. We stop believing the lies of hurry and stress.
"We need to please everyone." "More is better."

"Better one handful with tranquility than two handfuls with toil and chasing the wind." (Ecclesiastes 4:6 NIV)

Having less with peace is better than more with stress.

2. God's perspective includes learning to evaluate, eliminate, and delegate.
Saying "no" is often the most important way we say "yes" to God.

"Every branch that does bear fruit he prunes so that it will be even more fruitful." (Jn 15:2b NIV)

D. We learn to accept and believe that what Jesus has already _____ for us is enough to live a life of complete peace. We don't have to perform to earn approval, we trust Jesus finished work to complete us and qualify us to live in complete rest. *"For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. Now we who have believed do enter that rest." (Hebrews 4:2-3a NIV)*

(Answers: I. A. let go B. aligning better C. led, in II. A. better B. hear, God's, opportunity, finish well III. A. every day, first, check-in B. Surrendering, praise C. His D. done)