

Take a minute to write down what problem or situation your mind is currently dwelling on. What goal are you striving towards? What is weighting you down?

Sometimes we are intently concentrating on our problem or goal and we forget to ask for God's intervention or we fail to seek His guidance until we are well into the problem or feel like we can no longer handle it.

It is obvious from the Word that the Lord does not want us burdened down and entangled in this world. Jesus left us his peace (John 14:27) so that we can run the race set before us (Heb 12:1) without being weighted down. Jesus said in Matthew 11:28-30 that we should come to Him for rest from our heavy burdens and that we should "take" His yoke so that we may find rest for our souls.

So, what prevents us from coming to Him? Is it fear? Pride? Feelings of unworthiness? Unbelief?

In reading Hebrews 3-4, Paul tells us that Israel could not enter into rest because of their unbelief. There is a connection between what we think about and what we say and what we believe. "Out of the abundance of the heart, the mouth speaks." Scripture tells us that thoughts that we dwell on have to be brought into "captivity unto the obedience of Christ." What we think about should line up with the Word of the Lord. If it doesn't we are responsible for getting our thoughts in line.

Pastor Rick also talked about speaking the Word in his sermon today. Read Romans 4:17 where Abraham "called those things which be not as though they were". Abraham was "fully persuaded" that God was going to perform a miracle just as promised and he spoke it out! Remember Ezekiel was commanded to speak to the dry bones?

Do you believe God is able to handle your situation? Are you able to hand it over to Him? What steps can you take this week to enter into His Rest?

May 21, 2017
When Fidget Spinners Don't Help
Pastor Rick Rufenacht



Psalm 62

Rest can only be found in one place.

Rest is always possible.

Phil 4: 6 Matt 11:28,29

Rest is revealed when we are determined.

Say It To Secure It

James 3:6 Prov 18:21

Rest comes from trust.

Matt 6:33 Luke 16:13