

Margin Through Rest
October 30, 2016
Lynn Haven UMC

Introduction

On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. (Genesis 2:2-3 NLT)

There is no question that God wanted us to understand the importance of rest. He mentions it many times in His love letter to us, the Bible. A love letter in which he reminds us repeatedly that we are to be a people of rest and peace. Without it, the struggle to be all that He intended is amplified with irritability and sluggishness. Deep down we know this to be the truth. But aren't we all a stubborn lot? In order to love Him with all our hearts, souls and minds, and love others as ourselves, we must have bodies and souls that have been replenished and strengthened to do so. This week let's relax and discover the many ways rest can help us live out the Greatest Commandment in His honor and for His glory.

Digging Deeper

Rest allows us to...

Remember

- "Let my soul be at rest again, for the Lord has been good to me." (Psalm 116:7 NLT) We can sleep well because the Lord our God has done all the hard work for us! Pausing to remember this and His great love for us is an important part of our faith development. Does your "to do" list include time with Him? Talk about some ways we can remember not to forget God throughout our busy days.

Reflect

- "But Jesus often withdrew to the wilderness for prayer." (Luke 5:16 NLT) Jesus recognized the need for times of solitude and reflection. When we unplug and unwind, our hearts are more clearly opened to hear the calls of our Heavenly Father. Do you have a favorite time or place where you can retreat and reflect? Have you experienced moments of clarity that can be attributed to time spent in this way?

Recharge

- Read Psalm 127. God gives rest to those He loves! Our body (and spirit) needs a period of rest to re-boot. A fully recharged human has the increased capacity to perform great tasks to advance the Kingdom of God. Discuss how your mood, generosity of spirit and physical abilities can differ on days when you are lacking sleep versus those when you have had a full night's rest.

Receive

- If we want to experience the fullness of God's love we need only stop and receive it. You've probably heard it said before that if you feel far from the Lord, He isn't the one who moved. What sort of blessings do you think you could be missing out on by living a margin-less life?

Reconnect

- The hectic pace of our world is a relationship killer. This is true of our relationships with our family, friends and even our God. Have you lost touch with someone who was once close to you? Have you lost touch with God? Make an effort this week to strengthen your relationships by pausing and reconnecting. P.S. God is waiting for the phone to ring too.

Conclusion

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. (Psalm 127:2)

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10 (NIV) Jesus paid the ultimate price for us so that we might experience a life overflowing with blessings. He believed we were worthy of such a gift. It would be shame to profess our thankfulness for His sacrifice but never fully experience the richness of His many earthly treasures. As you enter a new week, may your cup runneth over as you rest in Christ's love.