

HOW TO “UNSTRESS” YOUR LIFE

EMOTIONALLY HEALTHY SPIRITUALITY PT. 5

6/6/2015

“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. 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. Keep company with me and you’ll learn to live freely and lightly.” (Mat. 11:28-30 MSG)

I. Introduction: To people who are stressed out, overworked, and exhausted Jesus offers _____.

He doesn’t promise an escape from the responsibilities of life but He does promise complete strength and peace from the stress and _____ of life.

A. To be spiritually and emotionally healthy we must discover God’s way to handle stress.

Our culture and the pressures of this world drive us to damaging stress that _____ us relationally, emotionally, and spiritually. Even sincere Christians can overwork sincerely believing they’re doing God’s will.

- *“Stress is an ignorant state. It believes that everything is an emergency.” –Natalie Goldberg*
- *“The executive who works from 7am to 7 pm everyday will be both successful and fondly remembered by his wife’s next husband.” –John Capozzi*

“Overfunctioning”-doing work that is beyond the boundaries of what God has called us to do in ways that interfere with God’s plan and interrupt God’s peace.”

B. The answer to destructive stress is God’s rest. Emotionally healthy people learn God’s way of resting on the outside and the _____.

Biblical rest is living in the sufficiency of God by intentionally taking time to “unplug” and enjoy God’s blessings on the outside, while at the same time learning how to “_____” to God’s promises, peace, and power on the inside.

Thesis: Those who rest the best accomplish the _____! While many people are trying to finish everything so they can rest, God calls us to rest so we can finish everything. This is because rest is the secret to doing less in our strength and more in God’s strength. When we rest God works, when we work (in our strength) God rests.

- *“For thus says the Lord God, the Holy One of Israel: ‘In returning and rest you shall be saved; in quietness and confidence shall be your strength.’ (Isaiah 30:15)*
- *“Even youths grow tired and weary, and young men stumble and fall; but those who wait (take the time to reconnect) with the Lord shall renew their strength, they will soar on wings like eagle’s...” (Isa. 40:30-31)*

II. Discovering the secret of God’s rest. (Hebrews 4:1-11) The path to rest we discover involves both some things we do and some things we must _____.

A. To live in rest and overcome stress we must learn to _____ and cease from our labors the way God did from His.

“For he who has entered His rest has himself also ceased from his works as God did from His.” (Heb. 4:10) Things God did on His Sabbath:

1. He _____ Himself.

- *“Then God saw everything He made, and indeed it was very good.” (Gen. 1:31)*
- *“Preachers who are not finding satisfaction in Christ are likely to demonstrate overexertion and over preparation for speaking, with no peace about what they do after they do it.” –Dallas Willard*

God is the point of our life, not our work, and only by taking time to stop work and remember God will we keep the ultimate purpose of our lives before us.

2. He created space for _____.

“He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.” (Ps. 23:2-3)

What replenishes you? What is your emotional replenishment strategy?

3. He spent time with those He _____ and gave them time to hear His voice. *“And they heard the sound of the Lord God walking in the garden in the cool of the day.” (Gen. 3:8)*

How we listen will determine how much of the peace, guidance, and power of God we have at work in our lives.

B. The rest also involves key things we must believe.

“For we who have believed do enter that rest.” (vs. 3)

1. The Lord is our _____, our source, the One who carries the burden of our lives.

- *“Since we have a great high priest who has passed through the heavens... let us come boldly to the throne of grace to obtain mercy and find help.” (Heb. 4:14, 16)*
- *“Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat, for He gives His beloved sleep.” (Ps. 127:1-2)*

2. Believe that everything we really want and need we already _____ in Christ.

There remains a promise of rest for the people of God. Those who believe enter the rest... the works were finished from the foundation of the earth.” (4:1, 3)

“So it shall be, when the Lord your God brings you into the land of which He swore to your fathers... to give you large and beautiful cities which you did not build, houses full of all good things, which you did not fill, hewn-out well which you did not dig, vineyards and olive trees which you did not plant... (Deut. 6:11)

3. Believe where I am willing to rest, God is able to _____. Where I let go I will let God. Where I am willing to cease from my work I will see God work. *“For he who has entered His rest has himself ceased from his own work... Labor to enter the rest.” (4:10-11)*

(Answers: I. rest, strain, harms, inside, plug in, most II. Believe, unplug, celebrated, replenishment, loved, Provider, have, work)