

Series: Rest

Message Title: Rest is God's Legacy of Refuge to Us!

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## Psalm 46

**1**God *is* our refuge and strength, A very present help in trouble.

**2**Therefore we will not fear, Even though the earth be removed,  
And though the mountains be carried into the midst of the sea;

**3***Though* its waters roar *and* be troubled,  
*Though* the mountains shake with its swelling.

**10**Be still, and know that I *am* God; I will be exalted among the nations,  
I will be exalted in the earth!

**11**The Lord of hosts *is* with us; The God of Jacob *is* our refuge

## 1 Kings 19

1And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. 2Then Jezebel sent a messenger to Elijah, saying, "So let the gods do *to me*, and more also, if I do not make your life as the life of one of them by tomorrow about this time."

Upon hearing this Elijah ran for his life to Beersheba because he was afraid of what Ahab and Jezebel would do to him.

5Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise *and* eat." 6Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. 7And the angel of the Lord came back the second time, and touched him, and said, "Arise *and* eat, because the journey *is* too great for you." 8So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

And there he went into a cave, and spent the night in that place; and behold, the word of the Lord *came* to him, and He said to him, "What are you doing here, Elijah?"

## God's Revelation to Elijah

11Then He said, “Go out, and stand on the mountain before the Lord.” And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, *but* the Lord *was* not in the wind; and after the wind an earthquake, *but* the Lord *was* not in the earthquake; 12and after the earthquake a fire, *but* the Lord *was* not in the fire; and after the fire a still small voice.

13So it was, when Elijah heard *it*, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice *came* to him, and said, “What are you doing here, Elijah?”

Proverbs 22:6

“Raise up a child in the way that they should go, And when they are old they will not depart from it.”

Points to ponder:

1. Even after great victories, fear can steal our rest.
2. Inactivity does not constitute the rest God desires for us.
  - a. Stolen moments of rest.
  - b. Brief encounters with God
  - c. Restorative rest is dependent on how God wants to work in us.
3. Rest must include time with God so that we can grow in our restoration.
4. Rest must be demonstrated to the next Generation according to their giftedness.
  - a. There is great strength in our examples.
  - b. Truth in action speaks louder than spoken words.
5. Challenge: In the midst of a very busy time, schedule a time of restorative rest. See if your productivity improves as well as God’s intervention. 😊

Questions

1. How do you Rest?
2. Do you include a time with God during your time?
3. Which rest brings you more peace, inactivity or purposeful time with God.