

Resting in the Resting

Ten Day Prayer Focus



Discovering the Keys
to Resting in the
Resting!

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Introduction:

Are you having a hard time “Resting in the Resting?” Are you confident that the Lord has spoken to you to take a Rest and you’ve obeyed or at least, in part? You are here, but you can’t seem to find that Rest.

In Hebrews chapter 4 (amplified) The Israelites heard the same message, but the scriptures said they couldn’t enter into the Rest because their actions were not in faith - Faith being the leaning of the ENTIRE personality on God in absolute Trust & Confidence in His Power, Wisdom & Goodness. So, with that said, they gave up the right to or forfeited that Rest.

Is that you? Are you having a hard time trusting God completely? We must learn to lean our entire personality on Him, trusting Him (in Faith) to take care of things.

If that is you - Don’t give up yet! In verse 7 He sets a NEW day - a new opportunity to secure that Rest. Today when you hear His voice - do not harden your heart.

You must not only come to that place, but verse 10 tells us once we enter His Rest we must cease from the weariness and pain of human labors. That means Trusting Him completely!

In verse 11 He says to strive diligently to enter that Rest and experience it for ourselves.

Verse 12 - For the Word that God speaks is alive and full of Power making it active, operative, energizing and effective. It will go to the Deepest parts of our

Nature – As we Enter that Secret place He will begin exposing, sifting & analyzing the very thoughts and purposes of the Heart.

He understands and sympathizes with us in our weaknesses and temptations, but He wants us to come Confidently and Boldly and draw from His throne of Grace to receive Mercy for our failures and find Grace to help in Times of Need. Amen!

He will help you enter that Rest if you just believe by Faith that His Word is True and He has a Place of Rest prepared for you!

Exodus 33:21 And, the Lord said, Behold, there is a Place beside me! I want to find That Place – what about you?

Praying that the next ten days will bring you closer to that Rest in Him!!

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1. Listen Closely – Exodus 15:15-30 God gave the Israelites specific instructions. They had to depend on Him to supply all that they needed day by day. After they followed His instructions. He set aside a day of rest. Ask God to give you ears to hear His instructions. Thank Him that He meets your every need. Read Ezekiel 3:10, John 10:27

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2. Obedience - Numbers 10:29-36 As they searched out a resting place, the cloud (or the presence of God) was over them. Lord, help me to know that You are leading me by Your presence. You have ordained this rest. I will follow You and worship You as an act of obedience. Read Psalm 119:10, 2 Corinthians 10:5

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3. Confession & Repentance – Isaiah 32:14-18 The effect of righteousness is peace. My people shall dwell in a peaceable habitation, in safe dwellings ,and in quiet resting places. Seek God’s forgiveness and restoration of fellowship with Him. (When My Spirit is poured down from heaven the desert will become as fertile as a forest – Prayer Bible v.15)
Read I John 1:9, Psalm 19:7-11

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4. Sacrifice– Deuteronomy 12: 5-11 There is a place that He brings you to in order to rest. But you must bring your sacrifices (your concerns and worries) to the altar. You can’t rest until you release. When you dwell in the land the Lord causes you to inherit you’ll find rest. Lord, show me what it is that I need to sacrifice today? Help me to release those things once and for all. Bring me to that place of rest. Read Romans 12:1, Psalm 51:17

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5. Humility -1 Peter 5:7-10 Resting begins with humbling ourselves. V.6
Realize that you can't do anything without Him at the center of your life.
Begin to cast your cares on Him, for He truly does care for you
affectionately and cares about you watchfully. Give Him your cares and
leave the results to Him! Read James 4:10, Psalm 55:22

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6. Learn of Me – Matthew 11:28-30 If you are trying to find rest for your
soul in any place other than Jesus, You won't find it, period. True lasting
peace is found in Him alone. When you find it hard to rest, read these
scriptures. He will cause you to rest. He will ease, relieve and refresh your
soul! Help me to seek after you with my whole heart. Read Jeremiah 29:11,
Psalm 27:8

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7. *Be Still* – Isaiah 30:15-18 In returning to Me and resting in Me you shall be saved, in quietness and in trusting shall be your strength but you would not! We will go our own way. He waits to be gracious to you and to show mercy and loving kindness. Its in returning, resting, quietness & trusting you find your strength. Find that place to be still in His presence and meditate on His Words. Thank Him for His mercy and Loving-kindness. Read Psalm 46:10, Lamentations 3:22-23

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8. *Believe* - Hebrews 4:7-16 He has a rest set aside for you, but you must enter into it. When you enter that rest you can truly rest. Believe that this is possible and enter in as an act of faith. Ask Him to increase your faith to believe. Thank Him that He is a rewarder of those who diligently seek Him. Read Matthew 21:22, Hebrews 11:6, James 1:5-8

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9. Prayer – Pray about everything Philippians 4:6-13 Do not fret or have anxiety about anything, but in every circumstance by prayer make your wants known to God and God’s peace shall be yours. Pray about everything and His peace will guard your hearts and minds. Thank Him that He empowers you with inner strength and gives you the peace that passes ALL understanding. Read I Thessalonians 5:16-18, I John 5:14

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10. Rejoice – Psalm 16:7-11 Trust Him to instruct you and give you counsel. He will make your heart glad and cause even your body to rest. Thank Him that in His presence is fullness of joy! Rejoice in your resting! Read John 15:11, Romans 15:13

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10 Keys to Resting in the Resting

- 1) Listen closely to hear Instructions
- 2) Be obedient to search out your resting place
- 3) Confess & Repent of anything that has kept you from walking in His rest & peace
- 4) Sacrifice/Release those things keeping you from Rest
- 5) Humble yourself ~ Cast your cares & leave the results to Him
- 6) Learn of Him ~ Seek Him Out
- 7) Be still and know that it's in His presence you find rest
- 7) Believe that there is a Rest for YOU
- 9) Pray about everything
- 10) Find a way to Rejoice in the Resting

Resting Reflections

- ❖ *What can you do to hear God's voice more clearly?*
- ❖ *Is it easy for you to obey?*
- ❖ *Is confession & repentance a part of your prayer time?*
- ❖ *What do you need to sacrifice?*
- ❖ *Give an example of Humility vs Pride.*
- ❖ *What will bring you closer to Him?*

Resting Reflections Cont.

- ❖ *What do you have to do in order to be still?*
- ❖ *Do you believe there is a Resting place for you?*
- ❖ *Define Prayer in your own words.*
- ❖ *What can you do to find joy in the journey?*

