

**AVELEIGH'S SEASON OF INSPIRATION, SUNDAY JAN. 20 2019**

**SERMON: RELAX, GOD IS GOOD**

**Texts, Hebrews 4:14-16, p.1291, Psalm 23:2 p. 592**

**“The Lord is my Shepherd so I have everything I need. He makes me lie down in green pastures, and he leads me beside quiet water.”**

**CALL TO WORSHIP** Leader: This is the day that the Lord has made!

People: We are glad! We rejoice in it!

Leader: Our hearts are happy to enter the house of the Lord!

People: We celebrate the gathering of God's people.

Leader: We lift our voices in praise and thanksgiving.

People: We cannot wait to tell what God has done for us!

Leader: We long to extol the attributes of God.

People: We cannot stay silent about God's faithful and merciful ways.

Leader: God's love and majesty compel us to speak.

People: If we did not, the stones would speak it for us!

Leader: This is the day that the Lord has made!

People: Let everyone know! We are glad!

**PRAYER OF CONFESSION;** Almighty God, sometimes the difficulties and burdens of our lives cause us to doubt your goodness. We are an anxious people, often grasping to trust in your promise to work all things for good. Increase our faith and grant us your peace, that our lives will demonstrate our trust in you. We ask this with confidence, knowing that we are your beloved children. Amen.

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**Part 1: FIVE THOUGHTS ON WHY WE OVERWORK & AVOID REST?**

**1. MISPLACED IDENTITY: BASING MY WORTH ON MY WORK.**

“Only someone too stupid to find his way home would wear himself out with work!”  
Ecclesiastes 10:15 (TEV)

**2. MATERIALISM: ALWAYS WANTING MORE THINGS.**

“Do not wear yourself out trying to get rich; Have the wisdom to show some restraint! Your money can be gone in a flash as if it had grown wings and flown away like an eagle!”  
Proverbs 23:4-5 (NIV/TEV)

**3. ENVY: WANTING TO BE LIKE OTHER PEOPLE** “I’ve learned why people work so hard to succeed; it is because they envy the things their neighbors have.” Ecc. 4:4a (TEV)

**4. VALUING ACHIEVEMENT OVER RELATIONSHIPS.**

“What a senseless and miserable way to live! You’re better off having someone to enjoy and share the rewards of your work.” Ecclesiastes 4:7-9 (Mes/CEV)

**5. INSECURITY: WHEN I'M AFRAID I WON'T HAVE ENOUGH.**

“We work to feed our appetites, but meanwhile our souls go hungry.” Ecclesiastes 6:7 (Mes)

“It is senseless for you to work so hard from early morning until late at night, fearing and worrying that you won’t have enough, for God wants his loved ones to get their proper rest.”  
Psalm 127:2 (LB)

**Part 2: FIVE LETTERS ON HOW TO RELAX IN GOD'S GOODNESS**

**1. REMEMBER MY VALUE TO GOD.**

“God decided to give us life through the word of truth so that we might be the most important of everything God has created . . .” James 1:18

God says, “I have engraved you on the palms of my hands.” Isaiah 49:16a (GW)

## **2. ENJOY WHAT I ALREADY HAVE.**

“A little food eaten in peace is better than having twice as much earned from overwork and chasing the wind. Ecclesiastes 4:6 (CEV)

“All of us should . . . enjoy what we have worked for. It is God’s gift.” Ecc. 3:13 (TEV)

## **3. LIMIT MY WORK TO SIX DAYS A WEEK.**

“You have six days in which to do your work, but the 7th day is to be a day of complete rest dedicated to Me.” Exodus 20:9-10a (TEV)

“Sabbath” means: REST’ “The Sabbath was made to benefit man . . .” Mark 2:27 (LB)

## **4. I ADJUST MY VALUES & RECONNECT WITH MY RELATIONSHIPS.**

“What good is it for a man to gain the whole world, yet forfeit his soul?” Mark 8:36 (NIV)

## **5. EXCHANGE MY RESTLESSNESS FOR GOD'S PEACE.**

Jesus: “Are you tired? Worn out? Burned out? 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.”

Matthew 11:28-30 (Mes)

Conclusion: SUMMARIZE REMEMBER MY VALUE TO GOD. ENJOY WHAT I ALREADY HAVE. LIMIT MY WORK TO SIX DAYS A WEEK. ADJUST MY VALUES AND RELATIONSHIPS, & EXCHANGE MY RESTLESSNESS FOR GOD'S PEACE.

**PRAYER:** Today Heavenly Father, I want to exchange my restlessness for your peace, my pressure for your peace, my problems for your peace. I want to live in the love and goodness of my Good Shepherd." "Jesus Christ, I give every area of my life to you. I want to love you and follow you." In your name, I pray. Amen.

**FOUR FOR THE ROAD:** 1 We were so important to God that he sent his only son to die for us so that we could be with him in Heaven. What actions are you taking to thank him for this gift of unconditional love?

2. What steps can we take to stay focused on our identity in Christ rather than idolizing what we do for a living?

3. Advertising drives us to believe our contentment is in having more things. The paradox is we can easily ignore the abundance of God’s blessings and strive for more material goods. How can you change to enjoy your material blessings and reduce your desire to overwork?

4. Why did God command us to take a day of rest? How can taking a day of rest empower you with God’s strength?