

A Rested Soul

3 John 1:2 - *“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”*

NKJV - I pray that you may prosper in all things and be in health, just as your soul prospers.

The health of your life is dependent on the health of your soul.

All of life's questions cause a restlessness in our soul. - The result is Anxiety. Worry. Fear.

Ecclesiastes 2:22-23 NLT - *22 So what do people get in this life for all their hard work and anxiety? 23 Their days of labor are filled with pain and grief; even at night their minds cannot rest. It is all meaningless.*

Studies show that of what we get anxious or worried about

- * 40% never happens
- * 30% concerns the past
- * 12% are needless worries about health
- * 10% are about petty issues
- * 8% are legitimate concerns

Right now it's easy to be anxious about everything - To be restless because of our future, our present, our finances, our health, the election...and it causes a restlessness in our soul.

Matthew 6:27 - *And which of you **by being anxious can add a single hour** to his span of life?*

Matthew 6:33 - *33 But **seek first the kingdom of God and his righteousness**, and all these things will be added to you.*

Physical restlessness is a result of spiritual restlessness

We have to first identify the only true place to find rest.

Psalm 62:1 NIV - *Truly my soul finds rest in God; my salvation comes from him*

SOUL REST IS FOUND ONLY IN GOD

Unfortunately we try to find rest in many of life's counterfeits.

- Vacations, new job, a new hobby, a new workout regiment, a new diet...could be anything. These aren't bad...they are just counterfeit sources of rest.

Matthew 11:28-29 - *28 **Come to me**, all who labor and are heavy laden, and **I will give you rest**. 29 Take my yoke upon you, and **learn from me**, for I am gentle and lowly in heart, and **you will find rest for your souls**.*

How then do we find rest for our soul?

Psalm 46:10 - *“Be still, and know that I am God.”*

GET STILL WITH GOD

Notice it doesn't say - Be busy. Solve all your problems then you'll know that I'm God

Psalm 131:2 - *But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.*

Luke 10:38-42 - *38 Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who **sat at the Lord's feet and listened** to his teaching. 40 But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." 41 But the Lord answered her, "Martha, Martha, **you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.**"*

God can't prove He's God as long as we are trying to make everything happen ourselves. You may be waiting for God to start and He's waiting on you to stop...so He can start.

Psalm 37:7 - *Be still before the Lord and wait patiently for him*

PRACTICE WAITING

Challenge - Sit in the stillness and wait for 5 minutes

We are and in-n-out society - but God isn't an in and out God. There's power in the waiting.

Psalm 130:5-6 - *I wait for the Lord, **my soul waits, and in his word I hope; 6 my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.***

SO WHAT DO WE DO WHILE WE WAIT?

Philippians 4:6-7 - *6 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

PRAY

Supplication - *More than petitioning, but suggests an intensity of earnestness extended in prayer - not to gain merit by many words, but to fully transfer the burden of one's soul into God's hands.*

BE THANKFUL

Instead of thinking about what has to be done, think about what God has done.
Rehearse the goodness of God

Psalm 116:7-9 - *7 Let my soul be at rest again, for the Lord has been good to me. 8 He has saved me from death, my eyes from tears, my feet from stumbling. 9 And so I walk in the Lord's presence as I live here on earth!*