

have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]

B. Cure for Stress & Frustration? – Return to Rest

REST is better than **WORRY** and **FLURRY**

Isaiah 30.1 “Ah, **stubborn children**,” declares the LORD,
“who carry out a plan, but not mine,

...

2 who set out to **go down to Egypt**,
without asking for my direction,
to take refuge in the protection of Pharaoh
and to seek shelter in the shadow of Egypt!

15 For thus said the Lord GOD, the Holy One of Israel,
“**In returning and rest¹ you shall be saved;**
in quietness and in trust shall be your
strength*.” (*givurah)

C. Even if we Don't Get it the First Time ...

But you were unwilling,

16 and you said,
“No! We will flee upon horses”;
therefore you shall flee away;

18 Therefore the LORD **waits² to be gracious to you,**
and therefore he exalts himself to show mercy to you.
For the LORD is a God of justice;
blest are all those who wait for him.

¹ Heb. *naḥaṭ* [root- descend, come to a settled state] rest, peace, tranquillity.

² Heb. - lies in wait

He “Lies in Wait” to release GRACE to us

In **RETURNING** and **REST** is **SALVATION**
QUIETNESS and **TRUST** is **MIGHT!**

D. Descending into REST through Forgiveness

Balaam couldn't curse Israel, but he strategized a way for Israel to bring destruction on itself.

Many of the challenges to the blessing are **relational**. We get offended, even by good things. “Martha, Martha...” The other disciples were indignant with James and John...

Luke 17:3 Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, **4** and if he sins against you **seven times in the day**, and turns to you seven times, saying, ‘I repent,’ **you must forgive him.**”

5 The apostles said to the Lord, **“Increase our faith!”** **6** And the Lord said, **“If you had *faith like a grain of mustard seed*, you could say to this **mulberry tree**, ‘Be **uprooted and planted in the sea**,’ and it would obey you.**

TREE- Deeply rooted - very difficult human structures

MULBERRY TREE - WORM (years devoured) is a symbol of hell.

SEA – The horse and rider, the pigs filled with demons.

FORGIVENESS - is descending into rest.

We rest in what is written inside us. Faith as a mustard seed

Seeds, Salt, Leaven - Subversive, Unnoticed

III. Invitation to REST

How can we CHANGE THE WORLD? Learn to find REST!

Matt 11:28 **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**³ and **lowly in heart**, and you will **find rest for your souls**. **30** For my yoke is easy, and my burden is light.”

Heb 4: 10 for whoever has entered God’s rest has **also rested from his works** as God did from his.

11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. rich.

Supernatural Rest – Shabbat – Jubilee
Holy Spirit, Come

³ πραῦς (*praūs*) under control of another, well-trained (freed from the tyranny of self-preservation)