



**Women of The Spirit
Spring 2009 Retreat**

**Resting in God
in Difficult Times**

The Resting Place



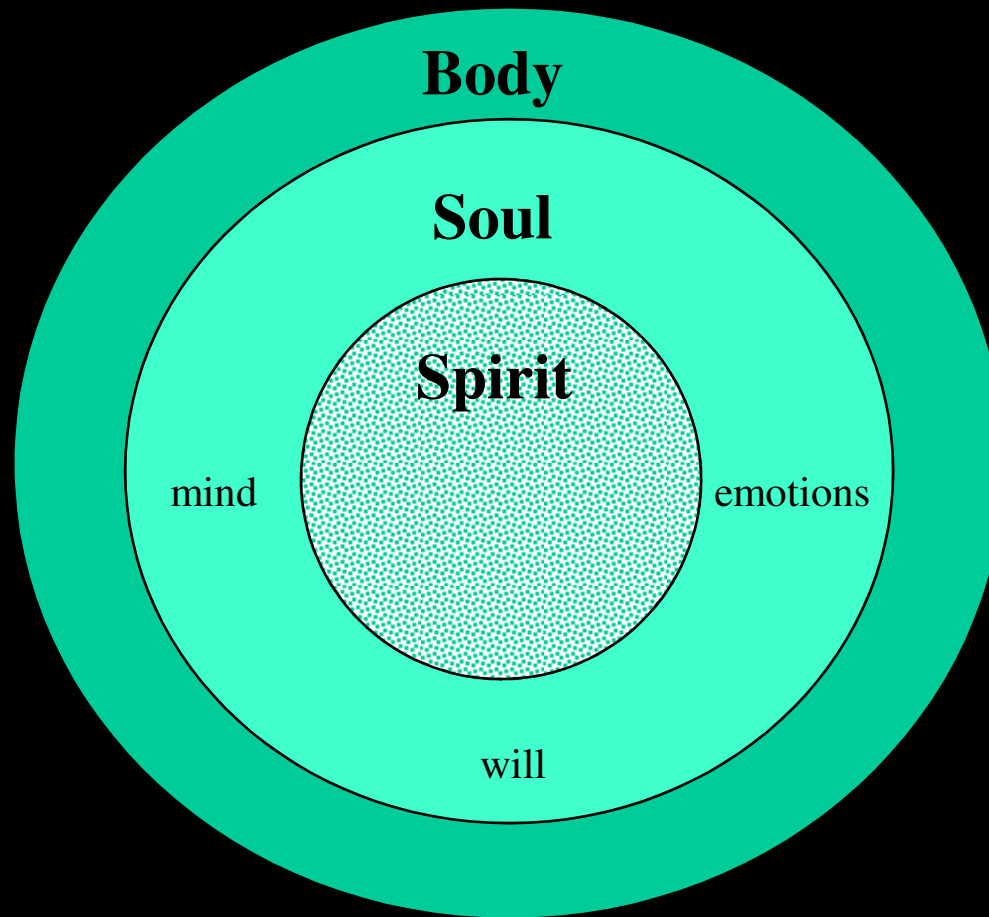
*“Come to Me, all who are weary and heavy-laden, and I will give you **REST**. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find **REST** for your souls. For My yoke is easy and My load is light.”*

Matthew 11:28-30

Spirit, Soul and Body

“Now may the God of peace Himself sanctify you entirely, and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.” 1Thes. 5:23

Man is a Three-Part Being



Enter His Rest

“Therefore, let us fear lest, while a promise remains of entering His rest, any one of you should seem to have come short of it. For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. For we who have believed enter that rest, just as He has said, ‘As I swore in My wrath, they shall not enter My rest,’ although His works were finished from the foundation of the world. For He has thus said somewhere concerning the seventh day, ‘And God

Enter His Rest

rested on the seventh day from all His works;’ and again in this passage, ‘They shall not enter My rest.’ Since therefore it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, he again fixes a certain day, **‘Today,’** saying through David after so long a time just as has been said before, ‘Today if you hear His voice, do not harden your hearts.’ For if Joshua had given them rest, He would not have spoken of another day after that. There remains therefore a **Sabbath rest for the people of God.** For the one who has **entered His rest has himself also rested from his works,** as God did from His.” Hebrews 4:1~10

- Depression, Anxiety, Worry and Fear are the evidence of an inability to rest.
- Resting is an attitude and state of being that results in peace and calm.
- Passivity and avoidance are not the same as resting.

My Concept of God

1. Parents
2. Authority Figures
3. Religious Experience



What I feel and think to
be true about God

Truth About God

- He is unique
- He is the Source
- He relates unconditionally
- He is loving, forgiving, patient, kind, just, faithful, merciful, peace, security, etc.

Truth About God

Isaiah 55:8-9

“For My thoughts are not your thoughts, neither are your ways My ways, declares the Lord. For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.”

Truth About Me

- What determines a Christian's identity is it their behavior, or is it their pedigree?

Eph. 4:24 “and put on the new self, which in the likeness of God *has been created in righteousness and holiness and truth.*”

Truth About Me

Rom. 3:21 “But now apart from the Law the righteousness of God has been manifested, being witnessed by the Law and the Prophets, even the righteousness of God through faith in Jesus Christ...”

2 Cor. 5:21 “He made Him who knew no sin to be sin on our behalf, that we might become *the righteousness of God in Him.*”

1 John 4:17 “By this love is perfected with us that we may have confidence in the day of judgment; because *as He is, so also are we in this world.*”

God Created Us With Needs

2 Peter 1:3-4

“seeing that His divine power has granted to us everything pertaining to LIFE and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, in order that by them you might become partakers of the divine nature...”

Relationship With God



Summarize

- We are called to “enter into rest”
- We all have circumstances that make resting a challenge
- We have a concept of God that is not congruent with His Word
- We need to know the truth about God
- We need to know the truth about ourselves
- He desires an intimate, dependent relationship

Maintaining Rest

SURRENDER

Maintaining Rest

Releasing Rights:

1. Things must be a certain way
2. People must be a certain way
3. I must be a certain way

...in order for me to be o.k.

“Have this *attitude* in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. And being found in appearance as a man, He humbled Himself, by becoming obedient to the point of death, even death on a cross.” Phil. 2:5-8

1. I Surrender the right for... my son to not go to jail.

2. I am willing for...

My son to go to jail.

I am willing to experience disappointment, loss, uncertainty, feeling like a failure, out-of-control.

I am willing for him to be considered a criminal.

I am willing for him to not get a fair deal.

I am willing for him to be angry with us for not posting bond.

I am willing for him to think we've abandoned him.

3. I will trust Jesus as my...

security, hope, adequacy, worth/value, comfort, peace,

Forgiveness

“And be kind to one another, tenderhearted, forgiving each other, *just as God in Christ also has forgiven you.*” Eph. 4:32

Forgiveness

“And when you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having cancelled out the certificate of debt consisting of decrees against us and which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

Col. 2:12~14

Forgiveness is the cancelling of a debt.

- It is an issue between me and God
- It is connected to a “rights” issue
- It is not restoration or reconciliation
- It is an act of the will, a choice

Who might I need to forgive?



Certificate of Debt

Offender	Offense	Loss	Value
God	gave me my son	love	10
My Son	defiance—lying drugs, stealing, etc.	love, worth security	10
Myself	birth trauma	adequacy, worth	8

Cancelled

“Though the fig tree should not blossom, and there be no fruit on the vines, though the yield of the olive should fail, and the fields produce no food, though the flock should be cut off from the fold, and there be no cattle in the stalls, yet I will exult in the Lord, I will rejoice in the God of my salvation. The Lord God is my strength, and *He has made my feet like hinds’ feet, and makes me walk on my high places.*” Habakkuk 3:17-19

Enter His Rest...Today!