Women of Africa Care Pty Ltd

WOAC On Air –09 May 2024
Episode 95
Inspiration brought to you by WOAC on Air

Topic: Finding Rest in God

Why do we need to find rest in God?
Because anything outside God is turmoil, chaos, fears, anxiety. John 10.10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. 1 Peter 5.8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

John 16.33 “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

Acts 17.28 For in him we live and move and have our being.

God’s Presence Gives us Rest
Exodus 33:14
And he said, “My presence will go with you, and I will give you rest”

nuach: to rest
Phonetic Spelling: (noo'-akh)
Definition - to rest
been at rest calm, came to rest camped, cast...down, enter into rest, find...rest, free, free space, give comfort, laid, lay down, let alone, put it aside, put down, put aside, rested, resting, satisfy, settled, stationed, wait quietly

Proverbs 19.23
The fear of the Lord leads to life; then one rests content, untouched by trouble.

Matthew 11.28-30
28“Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light.”

napaúó: to give rest, give intermission from labor, refresh
Original Word: ἀναπαύω (Greek)

Why do people not enter into the rest of God?

Unbelief, rebellion, disobedience
Hebrew 3.16 - 19 Failure of the Wilderness Wanderers
16For who, having heard, rebelled? Indeed, was it not all who came out of Egypt, led by Moses? 17Now with whom was He angry forty years? Was it not with those who sinned, whose corpses fell in the wilderness? 18And to whom did He swear that they would not enter His rest, but to those who did not obey? 19So we see that they could not enter in because of unbelief.

Hebrews 4.1-4 - **The Promise of Rest**
1Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. 2For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, [a]not being mixed with faith in those who heard it. 3For we who have believed do enter that rest, as He has said:

"So I swore in My wrath, 'They shall not enter My rest,' " although the works were finished from the foundation of the world. 4For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works"; 5and again in this place: "They shall not enter My rest." Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, 7again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts."

9There remains therefore a rest for the people of God. 10For he who has entered His rest has himself also ceased from his works as God did from His.

Verse 1 and verse 4 **rest** katapausis (Hebrew): in the Old Testament of the rest attained by the settlement in Canaan), resting, rest, dwelling, habitation, abode

How does rest look like in God when you under immense pressure?

Psalm 62 - A Psalm of David

A Calm Resolve to Wait for the Salvation of God - 1Truly my soul silently waits for God; From Him comes my salvation. 2He only is my rock and my salvation; He is my defense; I shall not be greatly moved.[

3How long will you attack a man? You shall be slain, all of you, Like a leaning wall and a tottering fence. 4They only consult to cast him down from his high position; They delight in lies; They bless with their mouth, But they curse inwardly. Selah

5My soul, wait silently for God alone, For my expectation is from Him. 6He only is my rock and my salvation; He is my defense; I shall not be moved. 7In God is my salvation and my glory; The rock of my strength, And my refuge, is in God.

8Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah 9Surely men of low degree are a vapor, Men of high degree are a lie; If they are weighed on the scales, They are altogether lighter than vapor. 10Do not trust in oppression, Nor vainly hope in robbery; If riches increase, Do not set your heart on them.

11God has spoken once, Twice I have heard this: That power belongs to God. 12Also to You, O Lord, belongs mercy; For You [f]render to each one according to his work**.**

Who experienced the rest of God? Solomon

1 Chronicles 22.9-13 9Behold, a son shall be born to you, who shall be a man of rest; and I will give him rest from all his enemies all around. His name shall be Solomon, for I will give peace and quietness to Israel in his days. 10He shall build a house for My name, and he shall be My son, and I will be his Father; and I will establish the throne of his kingdom over Israel forever.' 11Now, my son, may the Lord be with you; and may you prosper, and build the house of the Lord your God, as He has said to you. 12Only may the Lord give you wisdom and understanding, and give you charge concerning Israel, that you may keep the law of the Lord your God. 13Then you will prosper, if you take care to fulfill the statutes and judgments with which the Lord charged Moses concerning Israel

How do we find this amazing rest?

A Psalm of David. Psalm 37

1Do not fret because of evildoers, Nor be envious of the workers of iniquity. 2For they shall soon be cut down like the grass, And wither as the green herb. 3Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness.

4Delight yourself also in the Lord, And He shall give you the desires of your heart. 5Commit your way to the Lord, Trust also in Him, And He shall bring it to pass. 6He shall bring forth your righteousness as the light, And your justice as the noonday.

7Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass. 8Cease from anger, and forsake wrath; Do not fret—it only causes harm. 9For evildoers shall be cut off; But those who wait on the Lord, They shall inherit the earth. 34Wait on the Lord, And keep His way, And He shall exalt you to inherit the land; 39But the salvation of the righteous is from the Lord; He is their strength in the time of trouble. 40And the Lord shall help them and deliver them; He shall deliver them from the wicked, And save them, Because they trust in Him.

When we abide in God - we comprehend His qualities:

- ✓ omnipresence (Ps. 139:7; Jer. 23:23-24; Matt. 28:20),
- ✓ omniscience (Ps. 147:5; John 16:30; 1 Cor. 2:10-11),
- ✓ omnipotence (Isa 41.10; Psa 22.19; Isa 40.29, Pro 18.10)

We are able to rest in God - when we know the nature of God

a. Exodus 3.14 Moses asked who must I say has sent me, God said say "I Am who I Am. Say to the people of Israel I AM sent me to you." "God" in this hebrew is Elohim (Plural for Gods, Rulers, Divine Ones)
b. El Shaddai (Lord God Almighty) Gene 17.1
c. El Elyon (The Most High God) - Supreme
d. Adonai (Lord, Master)- Absolute Ruler
e. Yahweh (Lord, Jehovah)
f. Jehovah Nissi (The Lord My Banner)
g. Jehovah-Raah (The Lord My Shepherd) - Who is described as the Shepherd Jesus Christ
h. Jehovah Rapha (The Lord That Heals)
i. Jehovah Shammah (The Lord Is There)
j. Jehovah Tsidkenu (The Lord Our Righteousness) - Who has given us His righteousness through Jesus Christ our Lord and Savior
k. Jehovah Mekoddishkem (The Lord Who Sanctifies You) - Who has sanctified us - Jesus Christ through His blood
l. Elohim (God)- the creator of heaven and earth
m. Jehovah Jireh (The Lord Will Provide)
n. Jehovah Shalom (The Lord Is Peace) - Did Jesus not say I leave my peace with You, I give you my Peace?

Rest in God through entertaining oneness with Holy Spirit

John 14.26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Romans 8.26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

When we rest in God we experience the fullness of God's nature - Galatians 5.22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23gentleness, self-control.