



Speaker: Brian McClain

Series: Abide: Cultivating Intimacy with Christ

Sermon Title: Resting in the Lord

Scripture: **Hebrews 3:7-15** (and other various passages)

OUTLINE

1. Resting in the Lord
 1. What spiritual rest (or rest in the Lord) encompasses
 2. How we pursue rest in the Lord
 3. Lastly, WHY resting in the Lord is important
2. Rest- Multifaceted
 1. R.C. Sproul Jr. defines true rest in the Lord as a multifaceted concept that goes beyond simply ceasing from work.
 2. Active rest in the Lord encompasses 7 traits, each of which tests and activates our faith in the Lord.
3. What Resting in the Lord looks like: 7 Traits
 1. Trusting in God's grace
 2. Ceasing worry and anxiety
 3. Entering into the "already" of God's kingdom
 4. Celebrating the victory of Christ
 5. Finding peace and security in God's presence
 6. Embracing joy and peace
 7. Resting in the assurance of adoption as God's children
4. Aiming for Rest - 7 Actions to be on Target
 1. Prayers and hymns
 2. Listen - You have one mouth and two ears for a reason
 3. Communion, Church Attendance, Honoring the Sabbath
 4. Edify one another

5. Do not pursue sin provoking the Lord
 6. Repent
 7. Tell that story of His glory!
5. Resting in the Lord Prepares and Refreshes us for the Ministry of the Gospel
 1. Renewal of strength for ministry
 2. Strengthened faith and dependence on God
 3. Clarity of calling and purpose
 4. Empowerment by the Holy Spirit
 5. Modeling Christ's example

DISCUSSION GUIDE

1. Before hearing this message on Resting in the Lord, what did Resting in the Lord look like for you?
 1. When achieved or preparing for it?
 2. Or something that wasn't really front of mind, recognizing the traits and actions rolled up into a form of Resting in the Lord?
2. Of the 7 traits mentioned, which of them do you find the most natural or easiest to obtain and why?
3. Which do you struggle with or isn't front of mind? That it takes a conscious effort to pursue?
4. Philippians 4:6-7 Tells us " 6 do not be anxious about anything"
 1. Worry and Anxiety is a common theme among believers when it comes to living life, achieving rest, or serving the great commission. In the spirit of the verses from Philippians coupled with the example from Ephesians "putting off and putting on" in today's message how can leverage this in your own life when feeling anxiety creep in?
 2. Rest 7 Traits
 1. Trusting in God's grace
 2. Ceasing Worry and Anxiety
 3. Entering the "already" of God's kingdom
 4. Celebrating the victory of Christ

5. Finding peace and security in God's presence
 6. Embracing joy and peace
 7. Resting in the assurance of adoption as God's children
5. Of the 7 actions in preparation, which of them do you find the most natural or easiest to obtain or execute and why?
 6. Which do you struggle with or isn't front of mind? That it takes a conscious effort to pursue or engage?
 7. Psalm 37:7 "Rest in the LORD, and wait patiently for Him"
 1. What ways do you find words when "Listening" for Lord?
 2. Or to be "Be silent before the Lord"?
 3. Aiming for Rest 7 Actions
 1. Prayers and Hymn
 2. Listen – You have one mouth and two ears for a reason
 3. Communion, Church Attendance, Honoring the Sabbath
 4. Edify one another
 5. Do not pursue sin provoking the Lord
 6. Repent
 7. Tell that Story of His Glory
 4. What drains you of your spiritual energy as you do your part in sharing the Gospel and Discipling?
 5. How do you Refresh or Renew yourself for the Ministry of the Gospel?
 6. The 5 Ways - Prepares and Refreshes Us for the Ministry of the Gospel
 1. Renewal of Strength for Ministry
 2. Strengthened Faith and Dependence on God
 3. Clarity of Calling and Purpose
 4. Empowerment by the Holy Spirit
 5. Modeling Christ's Example
 8. When you think about those who don't know Christ who are floundering in an ocean of despair, what is the one thing, the one step you can take today or tomorrow that make an impact in our calling as believers?

Recommended Resources:

- Life Action's *The Heart God Revives with Complete Spiritual Renewal*
- *A Hunger for God*, by John Piper
- *Habits of Grace*, by David Mathis
- *Spiritual Disciplines for the Christian Life*, by Donald A. Whitney