

Rest in the LORD

“Rest in the Lord and wait patiently for Him.”

Psalm 37:7

*“For the one who has entered His rest
has himself also rested from his works,
as God did from His.”*

Hebrews 4:10

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### Read:

- ◆ **Psalm 37, A guide for Resting in the Lord, Peace for the Weary Warrior**
- ◆ **Hebrews Chapter 4**

### **Resting in the LORD is Crucial for Our Spiritual Well-being.**

- ◆ It is the antidote for falling into doing works.
- ◆ It creates space to rest in praise and gratitude.
- ◆ It cultivates deeper faith as we trust in God’s hand.
- ◆ It is nourishment for our soul and a salve for our heart.
- ◆ It recalibrates us to Our Heavenly Father’s Will, Divine Will.

The Hebrew word for rest is *dō-wm*. It has been translated as stillness, rest, rested, stand/stood still, forbear, kept silent, held his peace, relax, wait, wait in silence, quieted.

- ◆ How much do you allow or allot in your life to stillness?
- ◆ What gifts have you received or experienced in the stillness of resting in the Lord?
- ◆ What can you do to give more time to resting in the Lord?

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## Even God Rests from His Work

Genesis 2:2-3 reminds us that even God took rest after His work. This lesson sets a standard for incorporating stillness into our spiritual life.

*“By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because on it He rested from all His work which God had created and made.”*

There is a holiness and richness in the stillness. God is in the stillness and can do great works of transformation and re-set within us as we make time and space for stillness, resting in the LORD.

## Bring Our Heart in Unity with Our Lord’s, to Enter Into His Rest

Psalms 95:6-11 tells us the importance of being attuned to the Father’s Heart. Personal willfulness and desires, testing and challenging God, taking Him for granted in our daily life, forgetting to seek His will in everything. These errors of the heart can cut us off from His rest, which is the fuel for our soul.

*“Come, let’s worship and bow down, let’s kneel before the Lord our Maker. For He is our God, and we are the people of His pasture and the sheep of His hand. Today, if you will hear His voice, do not harden your hearts as at Meribah, as on the day of Massah in the wilderness, when your fathers put Me to the test, they tested Me, though they had seen My work. For forty years I was disgusted with that generation, and said they are a people who err in their heart, and they do not know My ways. Therefore I swore in My anger, they certainly shall not enter My rest.”*

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*Resting in the Lord is fuel for our soul.*

## **The Glorious Future**

Psalm 32:1-5 brings a vision of a glorious future, the fruits of faith and hearts yoked to the Father's Heart.

*“Behold, a king will reign righteously, and officials will rule justly. Each will be like a refuge from the wind and a shelter from the storm, like streams of water in a dry country, like the shade of a huge rock in an exhausted land. Then the eyes of those who see will not be blinded, and the ears of those who hear will listen. The mind of the rash will discern the truth, and the tongue of the stammerers will hurry to speak clearly. No longer will the fool be called noble, or the rogue be spoken of as generous.”*

## **The Work of Righteous Will Be Peace**

While the first part of Psalm 32 provides a hopeful future with a righteous king, the latter part, Psalm 32:15-17, describes that the work and service of righteousness will be peace and stillness, when the Spirit is poured out.

Do you trust in the value and fruits of peace and stillness as part of your spiritual practice and diet?

*“Until the Spirit is poured out upon us from on high, and the wilderness becomes a fertile field, and the fertile field is considered as a forest.<sup>16</sup> Then justice will dwell in the wilderness, and righteousness will remain in the fertile field. And the work of righteousness will be peace, and the service of righteousness, quietness and confidence forever. Then my*

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*people will live in a peaceful settlement, in secure dwellings, and in undisturbed resting places.”*

### Trust and Rest in the Lord

Psalm 37 lays out a blueprint for the blessings of resting in the Lord:

Trust → Delight → Commit & Trust → Rest in the LORD.

Psalm 37:1-3 consoles us: *“Do not get upset because of evildoers, so not be envious of wrongdoers. For they will wither quickly like the grass, and decay like the green plants. Trust in the Lord and do good.”*

Psalm 37:4 advises: *“Delight yourself in the Lord; and He will give you the desires of your heart.”*

Psalm 37:5 continues: *“Commit your way to the Lord, Trust also in Him, and He will do it.”*

Psalm 37:7 tells us that Resting in the LORD brings us peace that evil will be overcome: *“Rest in the Lord and wait patiently for Him; do not get upset because of one who is successful in his way, because of the person who carries out wicked schemes.”*

Psalm 37:9 tells us that waiting on the Lord demonstrates faith that God will deal with the wicked ones: *“For evildoers will be eliminated, but those who wait for the Lord, they will inherit the land.”*

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Psalm 37:28 tells us that Resting in the LORD connects us to and fills us with the assurance of God's justice, righteousness and protection: *"For the Lord loves justice and does not abandon His godly ones; they are protected forever."*

Psalm 37:31 reveals that Resting in the LORD assures that *"the Law of his God is in his heart,"* as our heart rests in Him.

### **My soul finds rest in God**

Even our soul needs rest in this tumultuous world. Psalm 62:1-2 reminds us of this source of replenishment: *"Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; He is my fortress, I will never be shaken."*

### **Jesus' Promise of Rest**

Jesus calls us to Him and promises us this abiding comfort in Matthew 11:28-30. *"Come to Me, all who are weary and burdened, 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 will find rest for your souls. For My yoke is comfortable, and My burden is light."*

What is the yoke that Jesus is referring to here? What is your experience of this yoke?

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### Choose the Good Part

Even tho we know these Gospel lessons, it's still easy to get caught up in the whirlwind of this material world with its fleshly attractions. Before you know it, the lamp is low or out of spiritual oil. Resting in the Lord reminds us to always choose the good part, as Jesus taught in Luke 10:38-42.

*“Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. And she had a sister called Mary, who was also seated at the Lord’s feet, and was listening to His word. But Martha was distracted with all her preparations; and she came up to Him and said, ‘Lord, do You not care that my sister has left me to do the serving by myself? Then tell her to help me.’ But the Lord answered and said to her, “Martha, Martha, you are worried and distracted by many things; but only one thing is necessary; for Mary has chosen the good part, which shall not be taken away from her.”*

How can you “choose the good part” daily in your life? So that resting in the LORD becomes a part of your daily spiritual hygiene and self-care.

### Take Refuge in Him

*“But the salvation of the righteous is from the Lord;  
He is their strength in time of trouble.  
The Lord helps them and rescues them;  
He rescues them from the wicked and saves them,  
Because they take refuge in Him.”*

Psalm 37:39-40