

## Jesus Gives Real Rest

*(How to be OK with where you are today)*  
(SERIES: POLYESTER JESUS; 05 of 07)  
by Dr. David Foster

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### Why so serious?

#### Is it **unmet needs**?

"And my God will meet **ALL YOUR NEEDS** according to his glorious riches in Christ Jesus." (Phil 4:19)

#### Is it **unrealized dreams**?

". . . the LORD said to my father David, 'Because it was in your heart to build a temple for my Name, **YOU DID WELL TO HAVE THIS IN YOUR HEART**. Nevertheless, you are not the one to build the temple, but your son, who is your own flesh and blood--he is the one who will build the temple for my Name.'" (1 Ki 8:17)

#### Is it **unresolved anger**?

**"IF YOU ARE ANGRY, DON'T SIN BY NURSING YOUR GRUDGE.**  
Don't let the sun go down with you still angry--get over it quickly; for when you are angry, you give a mighty foothold to the devil."  
(Eph 4:26-27)

#### Is it **unfinished business**?

"Now Jesus' mother and brothers came to see him, but they were not able to get near him because of the crowd. Someone told him, 'Your mother and brothers are standing outside, wanting to see you.' He replied, 'My mother and brothers are those who hear God's word and put it into practice.'" (Luke 8)

## R.E.S.T. Means

### I am **relaxed and at peace**.

"Be still, and know that I am God . . ." (Psalm 46 NIV)

"Come to me and I will give you rest--all of you who work so hard beneath a heavy yoke. Wear my yoke--for it fits perfectly--and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens." (Mat 11:25-30 TLB)

### I am **enjoying this now**.

"Do not fret because of evil men or be envious of those who do wrong; for like the grass they will soon wither, like green plants they will soon die away. TRUST in the LORD and DO GOOD; DWELL in the land and ENJOY safe pasture. DELIGHT yourself in the LORD and he will give you the desires of your heart. COMMIT your way to the LORD; TRUST in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. BE STILL before the LORD and WAIT PATIENTLY for him; DO NOT FRET when men succeed . . ." (Psa 37:3-7 NIV)

### I am **savoring this season**.

"My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting places." (Isaiah 32:18)

### I am **trusting God's timing**.

"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine." (Prov 3:3-10 NIV)