

Enough. (2 of 7)
“Finding Rest”
Cornerstone Church of Poway
Pastor Ed Turley
October 20, 2019

Big Idea: We will never find what we really need until God is **enough**.

Areas of Overload

Activity Work Information Change Chronic Pain
 Choices Media Pace of Life Debt Other

Effects of a lifestyle that's too busy:

- **I can't hear** _____
 “Be still, and know that I am God.” **Psalms 46:10a (NIV)**
- **I feel more** _____
 “Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.” **Mark 6:31 (NLT2)**
- **I am less** _____
 “If you plan and work hard, you will have plenty; if you get in a hurry, you will end up poor.” **Proverbs 21:5 (CEV)**

How do I find Rest?

1. I Must Trust God's Best _____

“The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters.” **Psalms 23:1-2 (NIV)**

- **I Must Honor God's** _____

“He makes me lie down in green pastures...” **Psalms 23:2a (NIV)**

“Six days you shall labor and **do all your work**, but the seventh day is a **Sabbath to the LORD your God**. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. Remember that you **were slaves** in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has **commanded** you to observe the Sabbath day.” **Deuteronomy 5:13-15 (NIV)**

“Unless the LORD builds a house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for **God gives rest** to His loved ones.” **Psalms 127:1-2 (NLT2)**

“Trust in the LORD and do good; Dwell in the land and cultivate faithfulness. Delight yourself in the LORD; And He will give you the desires of your heart.”
Psalm 37:3-4 (NASB95)

Notes: _____

• **I Must Trust** _____

“He makes me lie down in green pastures, He leads me beside quiet waters.”
Psalm 23:2 (NIV)

“Then I observed that most people are motivated to success because they envy their neighbors. But this, too, is meaningless—like chasing the wind.”
Ecclesiastes 4:4 (NLT2)

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.”
Philippians 4:12-13 (NIV)

Notes: _____

• **I Must Worship God** _____

“The LORD is my shepherd; I have all that I need.”
Psalm 23:1 (NLT2)

“You have six days in which to do your work, but remember that the seventh day, the Sabbath, is a day of rest. On that day do not work, but gather for worship. The Sabbath belongs to the LORD, no matter where you live.”
Leviticus 23:3 (TEV)

“Come, let us worship and bow down. Let us kneel before the LORD our maker, for He is our God. We are the people He watches over, the sheep under his care. Oh, that you would listen to His voice today!”
Psalm 95:6-7 (NLT)

Notes: _____

➤ **Am I trusting God enough to rest?**

My next right step, I will:

- Make one day a week for rest & relaxation
- Enjoy what I have
- Make worship a priority
- Accept Jesus as my Lord and Savior



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Family Corner: [Choose one day this week to ask questions to go deeper in faith as a family. Try this over dinner. Keep it to 12 minutes or less.]

Small Groups: [Choose as many questions that honors your group’s time commitment]

Big Idea: We will never find what we really need until God is **enough**.

Open in Prayer:

- What thoughts from this week’s message encouraged you to live a life for Jesus?

Icebreaker:

Mark the Areas of Overload in your life:

Activity Work Information Change Chronic Pain
 Choices Media Pace of Life Debt Other

Which area can you reduce in the next two weeks?

Which effect of being too busy are you experiencing?

- **I can’t hear God**
 “Be still, and know that I am God.” **Psalm 46:10a (NIV)**
- **I feel more stress**
 “Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.” **Mark 6:31 (NLT2)**
- **I am less productive**
 “If you plan and work hard, you will have plenty; if you get in a hurry, you will end up poor.” **Proverbs 21:5 (CEV)**

Life Application Study Bible Commentary: When we allow God, our shepherd, to guide us, we have contentment. When we choose to sin and go our own way, however, we cannot blame God for the environment we create for ourselves. Our shepherd knows the "green meadows" and "peaceful streams" that will restore us. We will reach these places only by following him obediently. Rebelling against the shepherd's leading is actually rebelling against our own best interests. We must remember this the next time we are tempted to go our own way rather than the shepherd's way.

How do I find Rest?

1. I Must Trust God's Best Requires Rest

- **I Must Honor God's Rhythm Of Rest**

Read Psalm 23:1-2

Read Deuteronomy 5:13-15

What is the rhythm between work and the sabbath?

Read Psalm 127:1-2

What purpose do you learn about resting?

What do we learn from this passage?

Read Psalm 37:3-4

What does it mean to cultivate faithfulness?

What does it mean to delight ourselves in the Lord?

- **I Must Trust God's Provision Is Enough**

Read Psalm 23:2

What does God do for us?

Read Ecclesiastes 4:4

How well do I do in resisting the push for more?

Read Philippians 4:12-13

What is Paul's secret?

- **I Must Worship God To Receive Spiritual Rest**

Read Leviticus 23:3

What do you learn about the purpose of the Sabbath in this verse?

Read Psalm 95:6-7

In this context, are we to worship in solitude or corporately? Why is this important?

Close in Prayer: Start praying. Be bold and pray specifically.
