



Lessons for Life

Relax

He Restores My Soul – 2

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"It is senseless for you to work so hard from early morning until late at night... God wants his loved ones to get their proper rest." Psalm 127:2 (LB)

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

God's Way To Relax

1. Focus on WORTH over WORK

"God decided to give us life through the word of truth so we might be the most important of all the things he made." James 1:18 (NCV)

"...your heavenly Father feeds the (sparrows). And you are far more valuable to Him than they are." Matthew 6:26 (LB)

- We will never comprehend how much God loves us while on earth
- We can never do anything to make God love us more
- We can never do anything to make God love us less

God says, "I have engraved you on the palms of my hands." Isaiah 49:16

2. Focus on what you HAVE, not what you WANT

"All of us should...enjoy what we have worked for; it is God's gift." Ecclesiastes 3:13 (GN)

"It is better to have only a little, with peace of mind, than be busy all the time..."
Ecclesiastes 4:6 (GN)

3. Focus on priorities besides WORK

Especially if you are ...

Self EMPLOYED

or

Single PARENT

"Only someone too stupid to find his way home would wear himself out with work!"
Ecclesiastes 10:15 (GN)

"You have six days in which to do your work, but the 7th day is to be a day of rest dedicated to Me." Exodus 20:9-10 (GN)

"Sabbath" = means a DAY of rest

"The Sabbath was made to benefit man..."
Mark 2:27 (NIV)

- Let your BODY rest
- Let your EMOTIONS recharge
- Let your SPIRIT refocus

4. Focus on what is most IMPORTANT of all

"I've learned why people work so hard to succeed; it is because they envy the things their neighbors have." Ecclesiastes 4:4 (GN)

"What good is it for a man to gain the whole world, yet forfeit his soul?" Mark 8:36

Three kinds of weariness ...

- Tired muscles
- Tired emotions
- Dry spirit

Jesus: "Come to me, all of you who are tired and have heavy loads, and I will give you rest...the load I give you to carry is light."
Matthew 11:28,30 (NCV)