

**Vision:** *Helping People Win In Life* (on the foundation of a Personal & Growing Relationship with Jesus Christ)



**Mission:** *Helping People Win In Life through environments designed to help them take their next steps in Christian Maturity.*

**Sunday, June 18, 2017 – “HAPPY FATHER’S DAY”**

**Sermon Notes**

**IS GOD REALLY GOOD ALL THE TIME? “Living in the Goodness of God” (Series):**

**NOW Is the Time: REST in God’s Goodness – Part 2(b)**

**Pastor Bob Washington**

**Icebreaker:** Share one fond memory of your Father, Grandfather, Godfather or Father Figure.

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**Scripture Reading:**

**Psalm 23:1-2** -- *“The Lord is my Shepherd so I have everything I need. He makes me lie down in green pastures, and he leads me beside quiet water.”*

**\*\*These images represent a God who wants us to experience His : Rest and Refreshment**

**Exodus 23:29-30** – *“I’m not going to give everything I promised you in a single year because you are not prepared to handle that much blessing, and it would be too much for you to manage. Instead, you will take possession of what I want to give you little by little-so that you can grow. Then you’ll be strong enough to handle it.”*

**Exodus 31:17** – *“One day a week will always serve as a reminder that I made the heavens and the earth in six days, and then, on the seventh day, I rested and relaxed.”*

**Why Do People Overwork & Not Get Enough Rest?**

**1. Misplaced Identity: Basing My Worth On My Work!**

Ecclesiastes 10:15 (TEV) -- *“Only someone too foolish to find his way home would wear himself out with work!”*

**2. Materialism: Always Wanting More Things**

Proverbs 23:4-5 (NIV/TEV) - *“Do not wear yourself out trying to get rich; Have the wisdom to show some restraint! Your money can be gone in a flash as if it had grown wings and flown away like an eagle!”*

Luke 1:15 -- *Jesus said, “Watch out! Always be on your guard against all types of greed because your life is not defined by how much you make or how many things you own.”*

**3. Envy: Wanting To Be Like Others**

Ecclesiastes 4:4a (TEV) -- *“I’ve learned why people work so hard to succeed; it is because they envy the things their neighbors have.”*

**4. Valuing Achievement Over Relationships**

Ecclesiastes 4:7-9 (Mes/CEV) -- *“Here’s another thing I’ve seen on earth that makes no sense: Some people don’t have any kids or family or even friends, yet they work obsessively, never taking a break. There’s no end to their toil and they’re never content with what they’ve done or earned. They never ask ‘Why am I always working to do more?’ And ‘Why don’t I let myself enjoy life?’ And ‘Who cares? Who will get what I leave behind?’ What a senseless and miserable way to live! You’re better off having someone to enjoy and share the rewards of your work.”*

## 5. Insecurity: When I'm Afraid I Won't Have Enough

Ecclesiastes 6:7 (Mes) -- *"We work to feed our appetites, but meanwhile our souls go hungry."*

Psalms 127:2 (LB) -- *"It is senseless for you to work so hard from early morning until late at night, fearing and worrying that you won't have enough, for God wants his loved ones to get their proper rest."*

### How Do I Relax In God's Goodness?

#### 1. Remember My Value To God ---> **"It's not what I do that gives me worth but who I belong to!"**

James 1:18 -- *"God decided to give us life through the word of truth so that we might be the most important of everything God has created . . ."*

Isaiah 49:16a (GW) -- *God says, "I have engraved you on the palms of my hands."*

#### 2. Enjoy What I Already Have ... Be Content

Philippians 4:12-13 -- *"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. 13 I can do all this through him who gives me strength."*

Ecclesiastes 4:6 (CEV) *"A little food eaten in peace is better than having twice as much earned from overwork and chasing the wind."*

Ecclesiastes 3:13 (TEV) -- *"All of us should . . . enjoy what we have worked for. It is God's gift."*

Matthew 6:31 -- *"What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving."*

#### 3. Limit My Work To Six Days A Week

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

"Sabbath" means: \_\_\_\_\_

Mark 2:27 (LB) -- *"The Sabbath was made to benefit man . . ."*

Exodus 23:12 (CEV) -- *"Work the first six days of the week, but rest and relax on the seventh day. This law is not only for you, but for your oxen, donkeys, and slaves, as well as for any foreigners among you."*

Proverbs 14:30 (NLT) -- *"A relaxed attitude lengthens your life; envy rots it away."*

#### 4. A\_dust My Values: What Is Really Important?

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

#### 5. E\_xchange My Restlessness For God's P\_eace

Matthew 6:26-30 -- *Jesus said, "Look at the birds in the air. They don't plant or harvest or store food in barns, but your heavenly Father feeds them. And you know that you are worth so much more than the birds. You cannot add any time to your life by worrying about it. And why do you worry about anything else? Look at the beauty of the wildflowers in the field . . . They don't worry or overwork . . . but God takes care of them, so you can be sure that will clothe you too!"*

Matthew 11:28-30 (Mes) - *Jesus: "Are you tired? Worn out? Burned out? Come to me! Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

### Questions for Discussion:

1. What keeps you from resting like God intended?
2. How are you going to be intentional about resting like God modeled?
3. Which day will you choose to be your Sabbath? Who will you identify as your accountability to ensure you take your Sabbath on a consistent basis?

**ACTION PLAN:** Read through Psalm 23 each day this week and try to memorize it.