

Weaving the Word

The Rest of the Race

August 4, 2019

Welcome to where we're learning how to find rest in the Lord!



Who needs a rest from the rat race?

True rest in the race is a state, not a place; because, this race doesn't end ... *till it ends!* So, **we need our rest on the go.** Like those Gatorade cups handed to passing marathon runners.



Those who wait on the Lord shall renew their strength ... They shall run and not be weary, – Isaiah 40:31 NKJ



Vacations make us think of rest as these fleeting moments that require tons of planning, money, and stress. But in reality, **we only need two things to find true rest: 1) Being quiet, 2) with Jesus.** Which can be done pretty much *anywhere, anytime.*



I've been feeling *quite rested* lately; and I have never worked harder in my life! I've been pruning, scraping paint, wire-brushing, and painting. But, I bought a pair of wireless headphones, and loaded the Bible on an MP3 player, and I've been listening to Scripture for hours on end. **It's an odd sensation of resting while working.** My reward would've been limited to renewed hedges and refreshed paint. But, **with the headphones I had the bonus of a renewed heart and refreshed mind.**



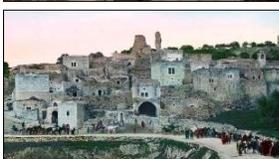
The Twelve were sent on a solo whirlwind tour of proclaiming the Gospel, healing the lepers, and raising the dead ... *and* fleeing for their lives. Just before Passover, they regroup in Jerusalem for some much needed R&R, arriving just after Jesus own showdown – having publically declared:



Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me ... and you will find rest for your souls. – Matthew 11:28-29 NIV



When we left off, the Twelve were with Jesus at Martha's house. Mary was sitting at Jesus' feet listening, while her sister Martha was running around in a hosting panic.



Martha was distracted by all the preparations that had to be made. She came to him **[and interrupted Him]** and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried **[lit.**

crowded with thoughts] and upset **[by those thoughts]** about many things, but only one thing is needed. Mary has chosen what is better ..." – Luke 10:40-42a NIV

Martha drove herself to distraction and frustration.

And then chastised *Jesus* for *His* insensitivity; and, told Him exactly what to do in order to remedy her unfair situation.

You ever do that?

Instead of asking for His help, she tells Him how to help.

You ever do that?

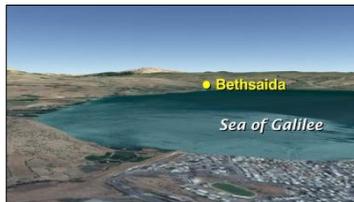
Trying to control a world that runs on chaos is exhausting.

So let it go, and listen, and rest, in this world and in His Word.

The most control you'll ever know is to give control to God.

He'll lead if we'll let Him.

But, we must just settle down, listen up, give it a rest, and trust.



When the apostles returned, they gathered around Jesus and reported to him all *they* had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to [the Twelve], "Come with me by yourselves to a quiet place [which has far more to do with the attitude of our heart and mind than a physical location] and get some rest." Then he took them *with him* and they *withdrew* [Was that the "rest"? Nope. That was 30 hours of walking from Jerusalem to the southern shore of the Sea of Galilee] they *went away* by themselves in a boat to a *solitary place* to a town called Bethsaida, [On the northern shore of the Sea of Galilee. So, was *that* the "rest"? Nope!] many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. When Jesus landed and saw a large crowd, *he* had *compassion* on them, because they were like sheep without a shepherd. So *He welcomed* them and *spoke* to them *he* began *teaching* them many things about the kingdom of God, and *healed* their sick. [And gave them rest] – Mat 14:12-14; Mk 6:30-34; Lk 9:10-11 NIV

But, I don't get the sense that the Twelve are anywhere nearly as compassionate or welcoming or willing to teach and heal and care for this chaotic, hectic, "herd" of unrestrained "sheep".

When Jesus saw them, *He* expressed genuine concern; *He* greeted them with kindhearted words; *He* made time to explain the kingdom; and, *He* embraced their sick and healed them.

Whereas, **we only know that the Twelve tell Him to send ‘em away.**



They don't seem to be taking *His yoke* upon them and learning *from Him*, and thereby finding rest for *their souls*.

If we treat every word as perfect in the feeding of the 5,000, and line upon line 'em without adding or subtracting or altering a single word, we'll see that John describes a *second* boat ride back to the southern shore.

Late in the afternoon Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias [a reference to its shoreline]), and a great crowd of people followed him because they saw the miraculous signs he had performed on the sick. By this time it was late in the day, so Jesus went up on a mountainside [there's no mountainside near Bethsaida] the Twelve came to him and [He] sat down with his disciples. [Okay. They're in the "Mary" posture. So, is *this* the "rest"? Nope!] ... Jesus looked up [remember, He's on a mountainside] and saw a great crowd coming toward him, [over the mountain; which is exactly what would happen] "*This is a remote place,*" [His disciples] said, [just like You promised us] Send the crowds away, so they can go to the villages and buy themselves some food." [And, so we can get that R&R you promised. "It was bad enough at Martha's when we couldn't even eat; now nobody can!" Again with the telling instead of the listening – trying to saddle Him with their yoke] Jesus replied, "*They do not need to go away. You give them something to eat.*" [Uh-oh. We have another Martha situation. But, after all, they just spent several weeks proclaiming and healing and raising the dead ... in His name, under His anointing] They said to him, "*That would take eight months of a man's wages!*" [True. I wonder who you could ask for help] Are we to go and spend that much on bread and give it to them to eat?" He said to Philip, "*Where shall we buy bread for these people to eat?*" [Martha was chastised for being more concerned about serving the many than serving the One] He asked this only to test him, for he already had in mind what he was going to do. [As is always the case when we approach Him] Philip answered him, [Uh-oh. Best be asking, not telling] "*Eight months' wages would not buy enough bread for each one to have a bite!*" [Notice how every response has a qualifier or excuse or mistrust. You ever do that?] "*How many loaves do you have?*" he asked. "*Go and see.*" Another of his disciples, Andrew, Simon Peter's brother, spoke up, "*Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?*" They answered, "*We have only five loaves of bread and two fish—unless we go and buy food for all this crowd.*" (About five thousand men were there.) [Oh, boys, when will you learn?] "*Bring them here to me,*" he said. – Mt 14:15-18; Mk 6:35-38; Lk 9:12-14; John 6:1-10 NIV



If we're telling instead of asking, we're doubting; and we're attempting to control the chaos rather than trust the Lord.

Yet, trust is the one and only place of true rest.

And, there's only One we can truly trust with all our heart.

Jesus made his disciples get into the boat and go on ahead of him [back] to Bethsaida, while ... he went up on a mountainside to pray. [Was that the "rest"? Nope!] A strong wind was blowing and the waters grew rough. He saw the disciples *straining* at the oars, because the *wind* was against *them*. [Whereas the wind was *for Him and His purpose*; because, sometimes He just needs to take the wind out of our sails. So] When *they* had rowed three or three and a half *miles*, About [4:30 am] the fourth watch of the night *he* went out *to them*, walking *on the lake*. [As Jesus will do] He was about to *pass by* them, [as Jesus will do] but when they saw him walking *on the lake*, they thought *he* was a ghost. [And suddenly, all their fears and concerns with the impending doom of the storm were *gone ... replaced*] They cried out, because they all saw *him* and were *terrified*. [Ah. The *fear that leads to rest!*] Immediately *he spoke to them* and said, [Surprise!] "Take courage! It is *I*. Don't be afraid." [Remember how He had said, "*Come with me by yourselves to a quiet place and get some rest*"? (Mk 6:31)] Then *he* climbed into the boat *with them*, and the *wind died down*. [And they calmed down and clammed up!] They were completely amazed, [No one's telling *this Guy* how to help!] for they had *not understood* about the *loaves*; *their hearts were hardened*. [All their telling and arguing and justifying and whining had totally revealed their missing inclination to even *think* to ask for *His will*, so they could honor Him with reverent obedience] Then those who were in the boat *worshipped him*, saying, "Truly you are the Son of God." – Mt 14:33; Mk 6:48-52; Jn 6:18-19 NIV



We must trust His will above our wants and wishes.

And, we must fear His power above our own peril.

Less of me. More of Him. That's how you win *that* race!

Everything was building to this moment of clarity.

They finally find the rest that's only found in absolute trust.

And total trust is only found in reverent fear.

And reverent fear is only found in seeing and heart the Lord as He truly is – which, of course, only comes from His Word.

Trials? Fears? Storms? Time to stop rowing and let go of the rudder.

Fear the *Lord* and find your *rest*.

You want a quiet place to get some rest?

Be still and know that He is God.

In God we trust.

And in trust we rest.

Reverence and reliance, there's no better "R&R".