

#6 "Resetting Your Energy" Part 1

1 Kings 19:1-18

1. Put rest in its proper place.

Genesis 1:3-5 (NLT) Then God said, "Let there be light," and there was light. And God saw that the light was good. Then he separated the light from the darkness. God called the light "day" and the darkness "night." And evening passed and morning came, marking the first day.

Genesis 2:1-3 (NLT) So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Exodus 20:8-11 (NLT) Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Hebrews 4:9-11 (NIV) There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Luke 4:16 (NLT) When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood up to read the Scriptures.

Mark 6:31 (NIV) Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."



2. Grow your trust.

Matthew 11:28-30 (NIV) 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, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Isaiah 40:28-31 (NLT) Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

What does real trust in God look like?

T - Talk to God about every concern.

R - Remember God's love for you and promises to you.

U - Unload all your cares and concerns to God.

S - Surrender to God's instructions and plans.

T - Thank God for His help.

Proverbs 3:5, 6 (NIV) Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Matthew 6:31-33 (NLT) So don't worry about these things, saying, "What will we eat? What will we drink? What will we wear?" These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

1 Peter 5:7 (NLT) Give all your worries and cares to God, for he cares about you.