

## 'REST IN THE LORD' MESSAGES 4 U

### 5. PEACE! BE STILL!

The Lord be with you.

*Grace to you and peace from God our Father and the Lord Jesus Christ.*

Philippians 1: 2

Jesus said:

*Peace I leave with you; My peace I now give you.*

*Not as the world gives do I give to you.*

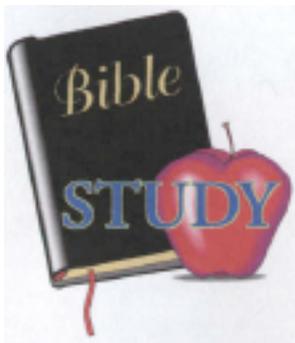
*Do not let your hearts be troubled, neither let them be afraid.* John 14: 27

These words of Jesus are just 4 U to rest in Him; especially when days are full of difficulties and despair. We all encounter problems causing us to worry and be full of anxiety at some stage or another. It is a true fact that -

*Man is born to trouble as the sparks fly upwards.*

Job 5: 7

Sometimes the harsh realities of life, such as severe illness, bereavement, the loss of a child, unemployment, loneliness, the hurt of rejection, imprisonment and even Christian persecution can occur without warning. Whether troubles come suddenly or not; or loom as threatening storm clouds in the distance, they tend to stay uppermost in our minds. Such stressful thoughts keep going round and round continually, worries ever returning no matter how hard in our own strength we try to control our fears. It is in these times, when our lives seem shattered, that our faith is severely tested. Often there seems to be no escape and no way out, for some such problems don't go away.



What's the remedy? To call upon the Lord, learn to trust and rest in Him. It is good to stand on the promises of God, for He loves you and desires to bless. As you read and study the Bible, our instruction manual, there are thousands of gracious promises to discover.

In the Scriptures many of God's promises start with the words, *'Fear not!'*

Enough for one each day of the year!

It is also beneficial to learn off by heart, for the good times and the bad, verses full of meaning and most special to you.

*God is our Refuge and Strength, a very present help in trouble.*

*Be still and know that I am God.*

Psalm 46: 1, 10a

In the Old Testament, the prophet Habakkuk, in a dialogue with God, revealed his firm faith and Rest in the Lord during the Babylonian invasion and consequent distress in the land of Judah caused by injustice there.

*Though the fig tree does not blossom and there is no fruit on the vines, the product of the olive fails and the fields yield no food, though the flock is cut off from the fold and there are no cattle in the stalls, Yet I will rejoice in the Lord, I will exult in the God of my salvation!*

Habakkuk 3: 17, 18

That's the kind of faith for Christians to have today when trials come or when disaster strikes. Unlike Habakkuk, we have been given so much more as we *Rest in the Lord* – we have Jesus and the sustaining power of His Holy Spirit.

Frequently, trouble descends upon us, with the suddenness of a squall at sea. One peaceful evening, this was the experience of the Disciples crossing the Lake of Galilee in their fishing boat, together with other boats following. To help us Rest in the Lord in the storms of life, imagine you are in the boat with the Disciples. Once again, you are in a beautiful location of peace and calm in the Holy Land. Pause - as you picture Jesus asleep in the stern of the boat, with His head resting on a leather pillow.

Then, disturbing the peace of Galilee, that ferocious storm blew up causing the tranquil waters to change into a raging sea of tossing waves!

Read Mark 4: 35 – 41

Luke 8: 22 - 25

This was no ordinary storm, but a hurricane of violent winds and mountainous waters. Even the Disciples became alarmed and desperate in great fear of drowning and their fishing boat sinking. Aroused by His disciples, Jesus immediately hushed those furious winds and calmed the boisterous waves with the words – ***Peace! Be still!***  
The Disciples were awe-struck and amazed.



*Who then is this, that even wind and sea obey Him?*

Mark 4: 41

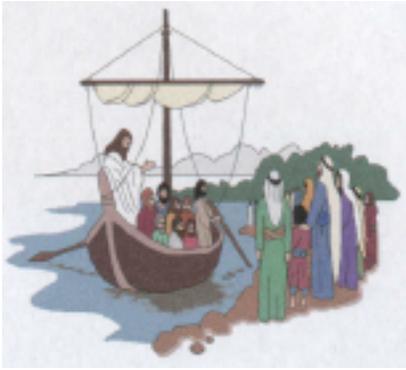
Jesus had previously said:

*Let us go over to the other side of the lake.*

Mark 4: 35

So the Disciples knew their destination was the other side - so where had their faith gone? As that storm raged, Jesus was at rest in His soul, asleep in the back of the boat. That's the best place for us – safe in the back of the boat with Jesus in the upsets and storms of life.

What a lesson for us!



Yes, it is better to be in the boat with Jesus than without Him. But what must it have been like for those in the other boats - without Jesus? The good news was that they all did arrive safely on the other side. What relief on landing safely! They believed they were saved from drowning by a miracle - Jesus! They knew it was Jesus Who had saved them, the storm serving to demonstrate His power and that He was the promised Messiah, the Anointed One of God.

The storm on Galilee is a picture of our salvation in Christ. That's why God sent us His only beloved Son, to die on the Cross and to be named Jesus - *which means Saviour, for He will save His people from their sins.*

Matthew 1: 21

*For God so **loved** the world that He **gave** His only Son that whoever **believes** in Him shall not perish but have everlasting life.*

John 3: 16

*Jesus said: I am the Way and the Truth and the Life; no one comes to the Father except through Me.*

John 14: 6

### REST IN THE LORD

There's a Rest in the Lord,  
Abundant peace in God adored,  
As I walk along Your Way;  
Rejoicing, trusting every day.

Then, when dark clouds come along,  
Help me sing in the night a song;  
Words of praise that never cease  
And grant my soul Your gentle peace.



Yes, all we have to do to *Rest in the Lord* is to **believe** in Jesus as our Saviour, by inviting Him into our lives and changing our ways to learn His Way and to follow Him always.

*Take My yoke upon you and learn of Me, for I am meek and lowly in heart, and you will find rest for your souls.*

Matthew 11: 29

*For My yoke is easy and My burden is light*

Matthew 11: 30 A.V.

*Resting in the Lord* - means rest for the soul and not giving the body a rest! A Believer trusts Jesus in the mind and really believes in Him in the heart (Jesus in you). It's a Sabbath Rest you don't have to work for or earn. In truly knowing what you believe you will have His joy and peace, a fragrance for others, even when circumstances change and become hard to bear. God has promised, in His Word, to be with us always.

*I will not leave you nor forsake you.*  
As we rest in Him, so we must trust and not be afraid.

Hebrews 13: 5b

*What time I am afraid, I will put my trust in You.*

Psalm 56: 3

*God's peace which transcends all understanding shall guard your hearts and minds in Christ Jesus.*

Philippians 4: 7

*You will guard and keep in perfect peace those whose mind is stayed on You.*

Isaiah 26: 3

Then, when the storms come in our lives, we will hear the Lord say:

***Peace! Be still!***

## **REST IN THE LORD**

**R**emain and live in the Lord day by day,  
**E**ach one at peace without sin, shame and blame,  
**S**ure in believing through suffering and pain;  
**T**he Spirit's peace and joy - in Jesus' name.

### **WORDS WRITTEN BY KING DAVID, THE SWEET PSALMIST OF ISRAEL:**

*He makes me lie down in green pastures;  
He leads me beside the still waters.  
He restores my soul;  
He leads me in the paths of righteousness for His name's sake.*

Psalm 23: 2, 3

In the light of the words of this Message 4 U, here's a prayer you can say now, if you want to follow the Lord and live in Him, day by day (as if in the back of the boat with Jesus) receiving His peace in your heart forever.

### **PRAYER OF COMMITMENT**

**“Heavenly Father, I ask to be forgiven and I am truly sorry for all the wrong things I have done in my life. Thank You, Lord Jesus, for Your death on the cross to take away my sins. My Saviour and my Lord, please come into my life with the gift of Your Holy Spirit, giving me Your love, peace and joy as I rest in You now and always.**

**I ask in Jesus' name.**

**Amen.”**



*God, through the Son, made peace by the blood of His cross.*

Colossians 1: 20

**REST IN THE LORD BLESSING 4 U**

The love of God be upon you,  
The peace of Christ be upon you,  
The Spirit's joy be upon you;  
In the Lord's holy rest be sanctified,  
His blessings upon you be multiplied.

*May the Lord of peace, Himself, grant you His peace at all times and under all circumstances, whatever comes. The Lord be with you all.*

2 Thessalonians 3: 16

*Peace! Be still!*

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Revised transcript of two Christian Relaxation Tapes – *Rest in the Lord.*

*Dedicated to the memory of  
Mary Franklin 1914 - 1997  
and her voluntary work in Christian Counselling.*

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