

'REST IN THE LORD' MESSAGES 4 U

2. GALILEE

Peace be with you.

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

2 Thessalonians 1: 2

Great is the Lord - on Your wondrous works I will meditate.

Psalm 145: 3, 5

Whatever is true, whatever is worthy, whatever is just, whatever is pure, whatever is lovely, whatever is kind, if there is any virtue, if there is any praise, think on these things.

Philippians 4:8

Do not have any anxiety about anything, but in everything by prayer with thanksgiving, continue to make your wants known to God. And God's peace which transcends all understanding shall guard your hearts and minds in Christ Jesus.

Philippians 4: 6, 7

So stop worrying! Think instead about the blessings in your life.

Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet Your heavenly Father keeps feeding them.

Matthew 6: 26



Consider the lilies, how they grow. They neither toil nor spin; yet even Solomon in all his glory was not arrayed like one of these.

Luke 12:27

The blessing of the Lord be upon you!

Psalm 129: 8b

Start to count your blessings one by one and, as you give thanks to the Lord, imagine you're counting them by the Sea of Galilee. What a wonderful feeling to be by the lake where Jesus walked and talked with His disciples! It's a perfect morning and on all sides there are lovely views of the lake and the surrounding hills in the land of *'milk and honey,' - - a good land, a land of brooks of water, of fountains and springs, flowing forth in valleys and hills. A land of wheat and barley, and vines and fig trees and pomegranates, a land of olive trees and honey.*

Deuteronomy 8: 7,8

Can you picture in your mind the wild flowers growing profusely in the grassy places? The 'lilies of the field', mentioned by Jesus, may be the wild anemones growing everywhere in Galilee in the spring.

Sitting by the Sea of Galilee you are close to the water's edge. Can you see any fishing nets hanging out to dry nearby? Can you see any fishing boats or even hear in the distance the sound of fishermen's voices echoing across the water? Close by, you can hear the sound of tiny waves quietly lapping on the shore, very gently coming in and going out - as if in rhythm with your breathing. The warm, cloudless early morning in late spring is beautiful and peaceful, reflecting your own feeling of peace and tranquillity, as you give glory to God and -

Worship the Lord in the beauty of holiness.

Psalm 29: 2

It must have been like this many centuries ago in Galilee when Jesus was here with His disciples; may be on the same stretch of rocky beach. And again, listening to the little waves, just imagine hearing Jesus say:



'Peace be still!' - the gentle words that brought rest to these very waters when Jesus calmed the storm for even the wind and waves obey Him.

With awe and wonder, you recall His comforting words:

Peace I leave with you; My peace I now give to you. Do not let your hearts be troubled, neither let them be afraid.

John 14: 27

*Meditating on these words feel an overwhelming sense of His peace as you
'Rest in the Lord.'*

A PRAYER

*Unto You, O Lord, do I bring my life.
I trust and am confident in You.
Show me Your ways, O Lord; teach me Your paths.
Guide me in Your truth and faithfulness and teach me,
for You are the God of my salvation.*

Psalm 25: 1, 2, 4, 5

The Lord is my Light and my Salvation.

Psalm 27: 1

With the help of the gracious gift of the Holy Spirit,
you can follow Him always.

*Casting the whole of your care, all your anxieties on Him for He cares for
you.*

1 Peter 5: 7

THE BEATITUDES

Looking down on the lake of Galilee, it was perhaps
on the nearby hillside, where the Church of the
Beatitudes stands today, that Jesus taught His
disciples in the Sermon on the Mount, the lovely
peaceful words of the Beatitudes saying:



*Blessed are the poor in spirit, for theirs is
the kingdom of heaven!*

*Blessed are those who mourn,
for they shall be comforted!*

Blessed are the meek, for they shall inherit the earth!

*Blessed are those who hunger and thirst for righteousness, for they shall be
completely satisfied!*

Blessed are the merciful, for they shall obtain mercy!

Blessed are the pure in heart, for they shall see God!

Blessed are the makers of peace, for they shall be called the sons of God!

Matthew 5: 3-9

No wonder the Beatitudes are sometimes called,
'The Beautiful Attitudes.'



Later, after the Resurrection, Jesus added another blessing when He spoke to Thomas.

Blessed are those who have never seen Me and yet have believed.

John 20: 29

Reflect now upon all the blessings and the true peace Jesus, the Prince of Peace, gives to you as you recall the lovely prophetic words from the Book of Isaiah in the Old Testament.

For to us a Child is born, to us a Son is given; and the government shall be upon His shoulder, and His name shall be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. Isaiah 9: 6

I will praise and give thanks to the Lord with my whole heart. Psalm 111: 1

Reflect again on the blessings in your life as you meditate on the words in this acrostic poem.

BLESSED



Benevolence of God always shining on you.
Light of His glorious Word daily teaching you.
Each gracious gift so freely bestowed upon you.
Sacrifice of the Lord Jesus forgiving you.
Spirit of the Lord God guiding and keeping you.
Ever thankful for His mercy and love for you.
Delight in His joy and peace resting within you.

Bless the Lord, O my soul; and all that is within me, bless His holy name!
Psalm 103: 1

Bless the Lord, O my soul; and forget not all His benefits.
Psalm 103: 2

May our peace giving God be with you all. Amen.
Romans 15: 33