

Turning the Crap of Life, Into the Fruit of the Spirit

Tired

Have you ever gotten done with a vacation only to say something along the lines of now you need a vacation to recover from the vacation you just got back from? Maybe you are one of those people that takes a vacation to work around the house, returning to work is actually easier and less work. Eventually we are all going to wear down. When we wear down we have a tendency to be less likely to restrain ourselves from saying things we shouldn't – we tend to lose our filter. But even more, God never intended that we work without rest. The biggest reason we are tired is because we have the wrong focus, our efforts should be towards eternal, not temporal goals.

LIFE QUESTIONS

When was the last time you rested? How do you define rest?

What was the best rest you have ever had?

Are you not doing things because you are over-burdened with other things? When was the last time you simply rested without feeling guilty? Do you spend the day working see what else needs to be done?

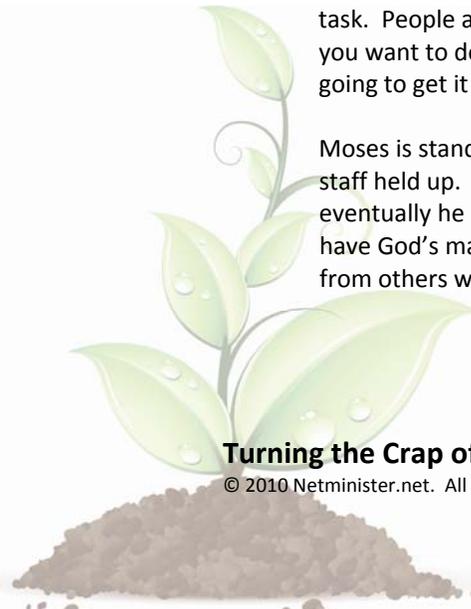
1. We need people to help us

Ex 17:10-13

10 So Joshua did as Moses said to him, and fought with Amalek. And Moses, Aaron, and Hur went up to the top of the hill.11 And so it was, when Moses held up his hand, that Israel prevailed; and when he let down his hand, Amalek prevailed.12 But Moses' hands became heavy; so they took a stone and put it under him, and he sat on it. And Aaron and Hur supported his hands, one on one side, and the other on the other side; and his hands were steady until the going down of the sun.13 So Joshua defeated Amalek and his people with the edge of the sword.

Ever had something in mind that you really wanted to do. You knew exactly how you wanted it to look, how you wanted it to function. Everything was laid out in your mind and you took to the task. People asked if they could help, but you wanted to get it done yourself. BUT are you sure you want to do it alone. Eventually you are weighted down by the fact that all your effort isn't going to get it done alone. You need help.

Moses is standing on a hill while the battle is going on. God has commanded him to keep his staff held up. After a while, his hands grow tired. At first he puts a stone under them but eventually he realizes that he needs someone to help hold his hands up. Like Moses, we can have God's mandate on our life, but we can grow tired. We need help. Don't turn down help from others when God has given you a task, don't do it alone.



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Exodus 18:17-26

17 So Moses' father-in-law said to him, "The thing that you do is not good.18 Both you and these people who are with you will surely wear yourselves out. For this thing is too much for you; you are not able to perform it by yourself.19 Listen now to my voice; I will give you counsel, and God will be with you: Stand before God for the people, so that you may bring the difficulties to God.20 And you shall teach them the statutes and the laws, and show them the way in which they must walk and the work they must do.21 Moreover you shall select from all the people able men, such as fear God, men of truth, hating covetousness; and place such over them to be rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens.22 And let them judge the people at all times. Then it will be that every great matter they shall bring to you, but every small matter they themselves shall judge. So it will be easier for you, for they will bear the burden with you.23 If you do this thing, and God so commands you, then you will be able to endure, and all this people will also go to their place in peace."

24 So Moses heeded the voice of his father-in-law and did all that he had said.25 And Moses chose able men out of all Israel, and made them heads over the people: rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens.26 So they judged the people at all times; the hard cases they brought to Moses, but they judged every small case themselves.

Jethro, Moses' father-in-law realized that Moses was doing too much. He could not do all the things that were being required of him. He needed people to help. He needed to put things into other people's hands and allow them to help. Are there situations where you are taking on a responsibility because you feel called to it only to try to do it all yourself without help. Help, Godly help, is always available, ask for it and accept help to accomplish your tasks.

Be mindful that pride doesn't enter into your life. When we have pride we can so easily force ourselves into doing the tasks alone. That is Satan working in our lives. God never commands us to do a task that requires more than one person to do it alone. When we are doing His work, it is always with the help of someone else, namely God. We cannot accomplish His will alone, certainly not without Him.

2. We need to take time to rest, not work

Gen 2:1-3

Thus the heavens and the earth, and all the host of them, were finished.2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Most people either rest too much or not enough. Too much rest we call being lazy. But not enough we call being a workaholic. Even if you feel strange not doing something, even God desired a day of rest. In His case it wasn't that He needed it, but that He seemed to desire it. We need that rest.

Working around the house needs to be done. Lists are great, but we have to combine the desire for accomplishing things with replenishing our spirit and our physical needs. We need rest. Every person needs to sleep, while some may only need a few hours, the average person needs up to 7 to 8 hours of sleep each night. In our society it is something of a badge of honor that you



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don't need that amount of sleep. People brag about working on 3 or 4 hours sleep but overtime we damage ourselves physically, psychologically and emotionally. As we lack rest, not just sleep we continue to over-burden ourselves with things which cause us to be more stressed, more anxious and less willing to let God work because we have come to the conclusion that because we don't need rest, we can get it done.

3. Get true rest.

Matt 11:25-30

At that time Jesus answered and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and have revealed them to babes.²⁶ Even so, Father, for so it seemed good in Your sight.²⁷ All things have been delivered to Me by My Father, and no one knows the Son except the Father. Nor does anyone know the Father except the Son, and the one to whom the Son wills to reveal Him.²⁸ Come to Me, all you who labor and are heavy laden, and I will give you rest.²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.³⁰ For My yoke is easy and My burden is light."

The only real rest we will ever get is when we put our faith in Jesus, completely. When we spend our entire life working to make sense of things, working to accomplish things, we can forget the One we are working for. Jesus gives us the ability to rest upon His direction. Stop worrying about what is going to happen and start to focus on where Jesus wants you to be. Be there, and find the place to really get rest.

The only place we are going to be able to truly rest is with Jesus. That means spending time with Him. Through His word, spending time reading the Bible, spending time praying and spending time with God's people. That is where we find true peace. Everything else is just temporary, but rest with Jesus is eternal.

Final Analysis: Are you tired? When was the last time you stopped and just listened to God? How often have you rested? It is needed, God did it, and you need it. He did it because He desired to rest. We do it because we have to. Our bodies, our minds and our relationships all benefit from us being rested, not tired.



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