

#struggles

message notes

Rest

Sunday, March 6 | Tommy Duke
First Baptist Church of Garden City

“All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.” – 1 Corinthians 6:12 (NKJV)

“You say, ‘I am allowed to do anything’ — but not everything is good for you. And even though ‘I am allowed to do anything,’ I must not become a slave to anything.” – 1 Corinthians 6:12 (NLT)

“Just because something is technically legal doesn't mean that it's spiritually appropriate. If I went around doing whatever I thought I could get by with, I'd be a slave to my whims.” – 1 Corinthians 6:12 (MSG)

- _____ of people don't go one waking hour without checking their phone.
- _____ of people check email as it comes in and _____ check it daily on vacation.
- 80% of teenagers sleep with their phones.
- _____ of people believe they couldn't go one day without their phones.

GOD'S SPECIAL REST IN CHRIST

“So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest...”
– Hebrews 4:9-11 (NLT)

“You have made us for yourself, O Lord, and our hearts are restless until they rest in You.”
– Augustine, *Confessions*

(Jesus) *“Come to Me, all you who labor and are heavy laden, and I will give you rest. 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.”*
– Matthew 11:28-29 (NKJV)

HOW DO I FIND REST IN A RESTLESS WORLD?

1) I RE-LEARN HOW TO _____.

“Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”
– Psalm 46:10 (NLT)

“Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.” – Psalm 131:2 (NLT)

2) PLAN AND EXECUTE A SOLID _____ AGAINST THOSE THINGS THAT _____.

*“Wise people think before they act; fools don’t – and even brag about their foolishness.”
– Proverbs 13:16 (NLT)*

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.” – 1 Corinthians 10:13 (NKJV)

• **POSSIBLE DEFENSES:**

- **No phone during meals**
- **No phone after ____ pm**
- **Use my phone’s silent/do not disturb mode**
- **No social media on vacation**
- **Fast from social media for a period of time**
- **Don’t use internet-connected devices when alone**

“God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.” – James 1:12 (NLT)

3) I RUN _____ PLAYS TO _____ TO GOD.

“This is what the Lord says: ‘Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls...’” – Jeremiah 6:16 (NLT)

• **POSSIBLE OFFENSIVE PLAYS:**

- **Daily Bible reading**
- **5 Minutes of _____ each day**
- **Consistent prayer times**
- **Personal worship**
- **Outdoors activities**
- **Time with other people**

Memory Verse:

“I wait quietly before God, for my victory comes from him. He alone is my rock and my salvation, my fortress where I will never be shaken.” – Psalm 62:1-2 (NLT)

MY NEXT STEP TODAY IS TO:

- Memorize Psalm 62:1-2.
- Make time today to be still and know God.
- Develop my game plan to find rest through Jesus, starting this week.
- Sign Up for Spring Growth Group #_____.

Don’t miss next Sunday, March 6, here at FBC – we will welcome a local church planter, Patrick O’Tuel, to share a message from God’s Word.

** Bible verses are from the New King James Versions (NKJV) or the New Living Translation (NLT) unless otherwise noted.*

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