

My wife, Barbara, wants me to spend time with her. She says things like, "I've missed being able to share things with you recently." She also wants me to help redecorate the house, keep things repaired and work in the yard.

I'm expected to spend time playing with the kids, impart values to them, know their friends and what their parents stand for, be involved at their schools and prepare them for adolescence.

My church wants me to be available-always willing to serve, spend time on committees, teach Sunday School. On top of that, I receive pleas for more community involvement-to help the poor, attend PTA meetings, join civic clubs. And I need to be an informed voter on all the candidates and issues.

And then there's God, who counters all these pressures with His own-calling me to love Him, obey Him, walk with Him, spend time with Him.

Oh, wait-God is the one Whose yoke is easy and Whose burden is light. If my busyness can be given to Him, I can find rest for my soul.

Prayer:

Ask God to teach you how to wear His yoke and find rest.

**Think:** Are you satisfied with the way you're using your time? What priorities are you neglecting? Decide upon two action points you can implement in the next week to begin reducing the pressure you feel, and put your burden upon the Lord.



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*Please feel free to contact the Pastor for any needs you may have, queries, or questions about our church family.*

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# Central Mountains Baptist Church

## 23 JUNE, 2013

"You Will Find Rest"

Matthew 11:28

*Come to Me, all who are weary and heavy-laden, and I will give you rest.*

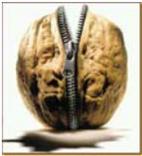
If there's one word I would use to describe life in the these last years of the twentieth century, it is pressure. Everyone has demands on us and on our time.

My dentist tells me I need to floss every day and avoid using a toothpick. My doctor wants to know how much I weigh, what I'm eating and am I getting enough exercise. My finance bloke wants to know why I'm not keeping better records and if I'm staying within my budget.

My colleagues want me to solve problems, answer letters, return phone calls, make decisions. I have trips to plan and talks to prepare and



articles to write. I am expected to meet deadlines, do it right the first time and, of course, do it with excellence-quicker, better, cheaper, faster and always with the right Christian attitude.



# Romans: Truth in a Nutshell

(unzipped for you)

## “REST” is a Good 4-letter Word

Romans 12:12 describes three godly reactions to trial. They are three descriptions of REST:

1. \_\_\_\_\_, verse 12a, 5:2

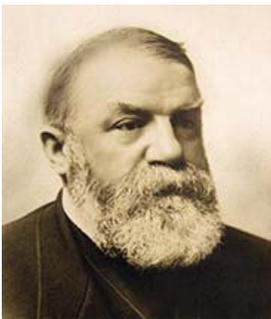
**(Jeremiah 29:11)** "For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope."

**(1 Peter 1:3-5)** "Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, {4} to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you,

{5} who are kept by the power of God through faith for salvation ready to be revealed in the last time."

**(James 1:2)** "My brethren, count it all joy when you fall into various trials,"

**(1 Peter 1:6-9)** "In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, {7} that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, {8} whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, {9} receiving the end of your faith; the salvation of your souls."



Dwight Moody

**(Psalms 2:1-2)** "Why do the nations rage, And the people plot a vain thing? {2} The kings of the earth set themselves, And the rulers take counsel together, Against the LORD and against His Anointed, saying,"

**(Psalms 2:4-5)** "He who sits in the heavens shall laugh; The LORD shall hold them in derision. {5} Then He shall speak to them in His wrath, And distress them in His deep displeasure:"

**(Titus 2:11-13)** "For the grace of God that brings salvation has appeared to all men, {12} teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, {13} looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ,"

2. \_\_\_\_\_, verse 12b, 5:2

**(James 1:2-4)** "My brethren, count it all joy when you fall into various trials, {3} knowing that the testing of your faith produces patience. {4} But let patience have its perfect work, that you may



Hudson Taylor



be perfect and complete, lacking nothing."

**(James 1:12)** "Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him."



Eucalyptus recurva

3. \_\_\_\_\_, verse 12c

**(2 Corinthians 4:17-18)** "For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, {18} while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal."

**(Philippians 4:4-7)** "Rejoice in the Lord always. Again I will say, rejoice! {5} Let your gentleness be known to all men. The Lord is at hand. {6} Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; {7} and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

