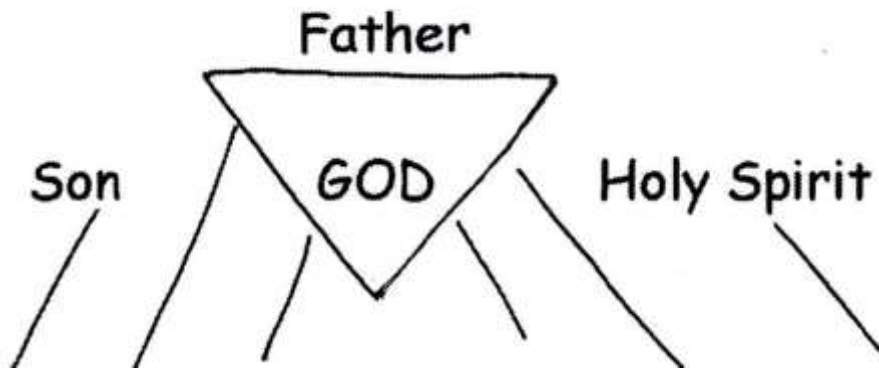


Rest!  
Relax!  
Live in the Moment!

(Revised: 4/14/2013)

Matthew 11:28 Come to Me, all who are weary and heavy-laden, and I will give you rest.





My dear child, \_\_\_\_\_,

(Put in your name)

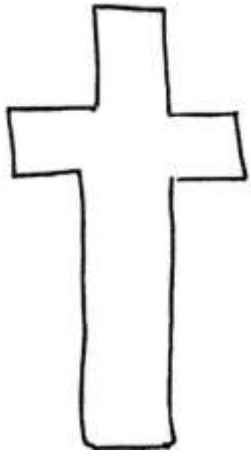
I want you to rest, relax and live in the moment. I want you to have complete and total peace in your soul. This means I want you to be free from worry, anxiety, and frustration. It also means for you to remain confident and strong because of divine viewpoint, My viewpoint, in your soul. To learn My viewpoint, you must take in My word daily. You have to keep up with what I am teaching you in the Bible. Then, when you are under extreme pressure, you can trust Me and remember My promises to you. You won't need to be concerned about the past or the future. You can live in the moment! You can have divine deliverance from your sorrows, your fears, and anything that is your enemy and puts you in bondage. I've given you the way to have this rest. I've given you all of the power and tools you'll need. It is up to you to choose it. **REST, RELAX, AND LIVE IN THE MOMENT!**

Now go ahead, read the following pages of this booklet. They will tell you more about the rest and relaxation I want you to have.

Love always,  
**God**

**Sabbath** means a time of rest. The Sabbath was passed down to the Jews as a day of rest, Exodus 20:8-11. The Jews were also commanded to have a Sabbath year in which there would be no planting so that the land could rest, Leviticus 25:4. The Sabbath observance was for the Old Testament only; in the Church Age, the Sabbath observance no longer exists, Colossians 2:16. God has given Church Age believers a moment by moment Sabbath or rest. It comes from the truth of God in our souls and therefore depends on our daily intake of His word. Our rest comes from our belief in God's word.





We can have a rest that goes beyond understanding, a rest that the world doesn't understand or can't comprehend. This rest can **only** come to us through the power of the Holy Spirit and by us having faith in the word of God. "A peace I give to you: a peace that the world cannot understand." In fact, things of the world are meant to take away our rest in the

Lord. The cosmic system tried to take away Jesus' rest. He went through more trials and difficulties in the world than we will ever face, and He did it with peace of mind! How did Jesus do this? He had the Holy Spirit and the word of God in His soul. Here are some scriptures for you to look up; they tell a few of the trials and difficulties Jesus had:

1. Isaiah 53:3 Hated by many
2. Hebrews 4:15 Tempted in all things
3. Luke 22:28 A close friend betrayed Him
4. Isaiah 53:7 He was tortured
5. Mark 3:21-22 His own people said that He had lost His senses
6. Matthew 27:46 While on the cross, He had to be separated from His Father

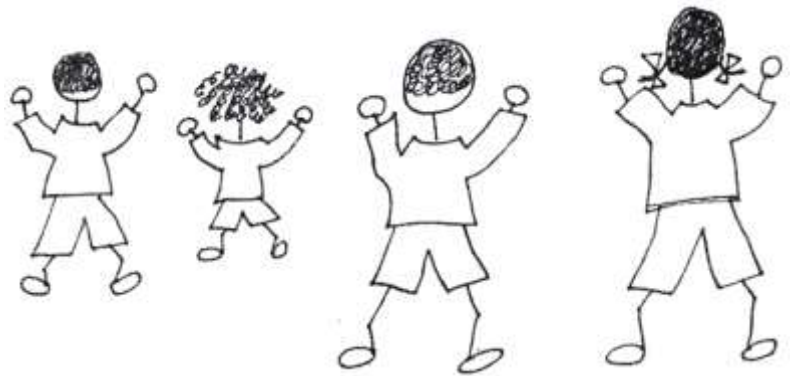
Hebrews 12:3 For consider Him Who has endured such hostility by sinners against Himself, so that you may not grow weary and lose heart [become discouraged].



We all search for and desire inner happiness. God has put that desire in our souls. To fill that desire and give us rest and peace of mind, we have the same power available to us that Jesus had: the Holy Spirit and the word of God. God had a plan for Jesus' life, and He has a plan for His other children, us believers. God also gives us many, many promises in the Bible, and God always keeps His promises! Jesus tells us, "If I went through all these trials and had peace of mind, so can you! I did it for you!" We need to concentrate on Jesus Christ Who went through extreme suffering for us!

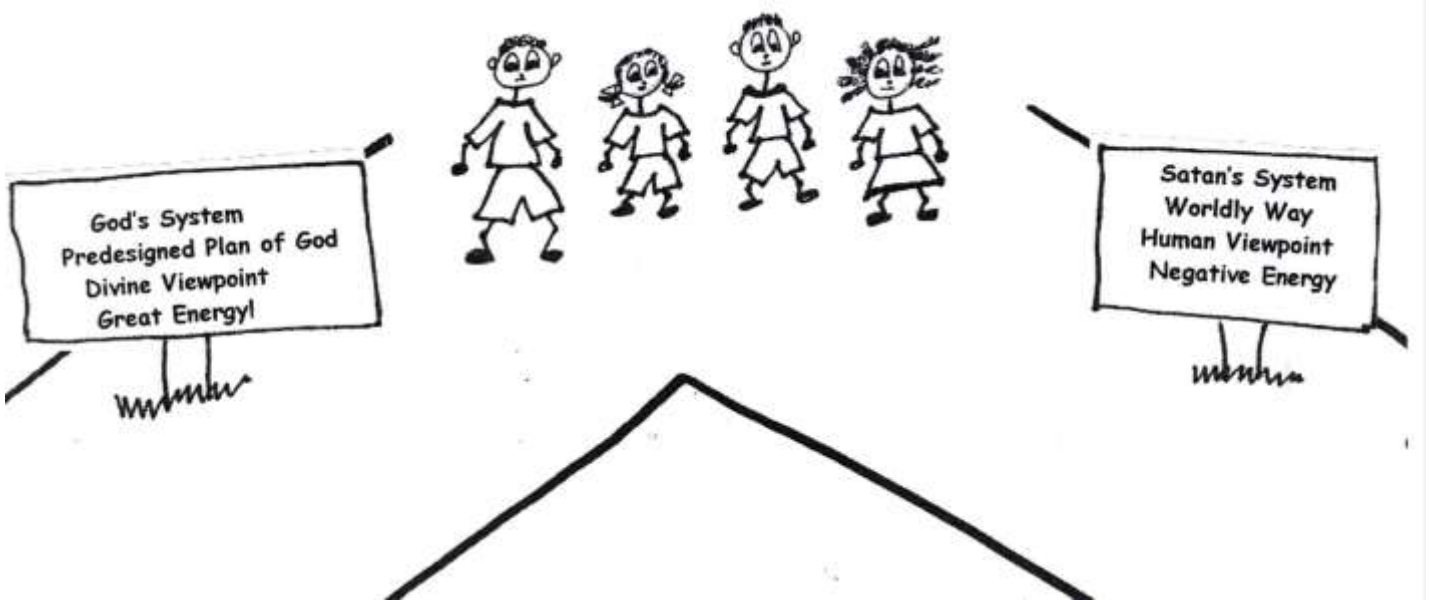


Matthew 11:28 Come to Me,  
all who are weary and heavy-  
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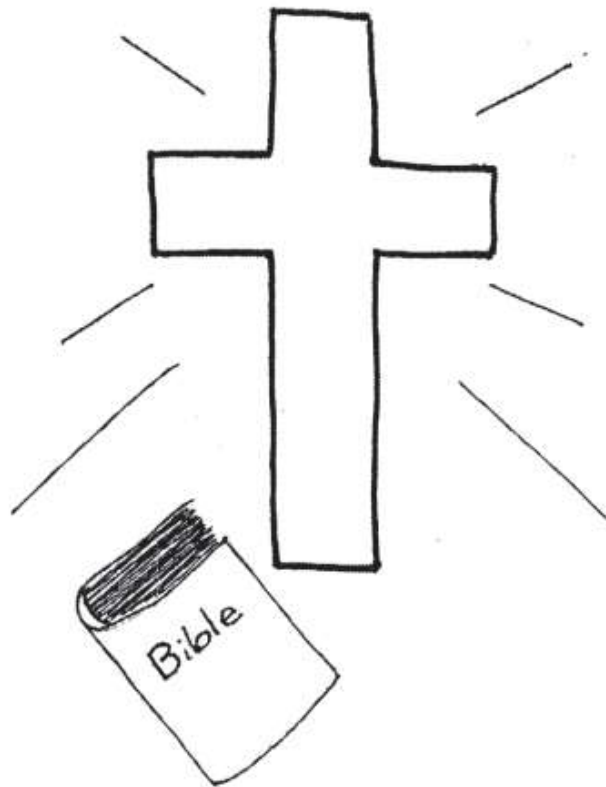
There are obstacles on earth that take us away from our rest. They can be in the form of people or situations. If we let them, these obstacles will mess with our minds! HELP! One moment we are resting in the Lord, and then someone or something interrupts that rest. Sometimes people want to make themselves feel good or superior, so they will condemn us or put us down. This can take us away from our rest. Sometimes situations can be challenging to our rest. Let's say that our car has a flat tire and we are late for a team competition. This can make us nervous, thinking that the team can't get along without us.

When either people or situations try to take away our rest, we need to step back and think. We can either be arrogant and use human viewpoint, or we can rest in divine viewpoint knowing that God has **everything** in control. (Even our missing a game!) Everything happens for a reason, God's reason. We may not understand God's reason, but we know that He is omniscient and all loving. He doesn't make mistakes!

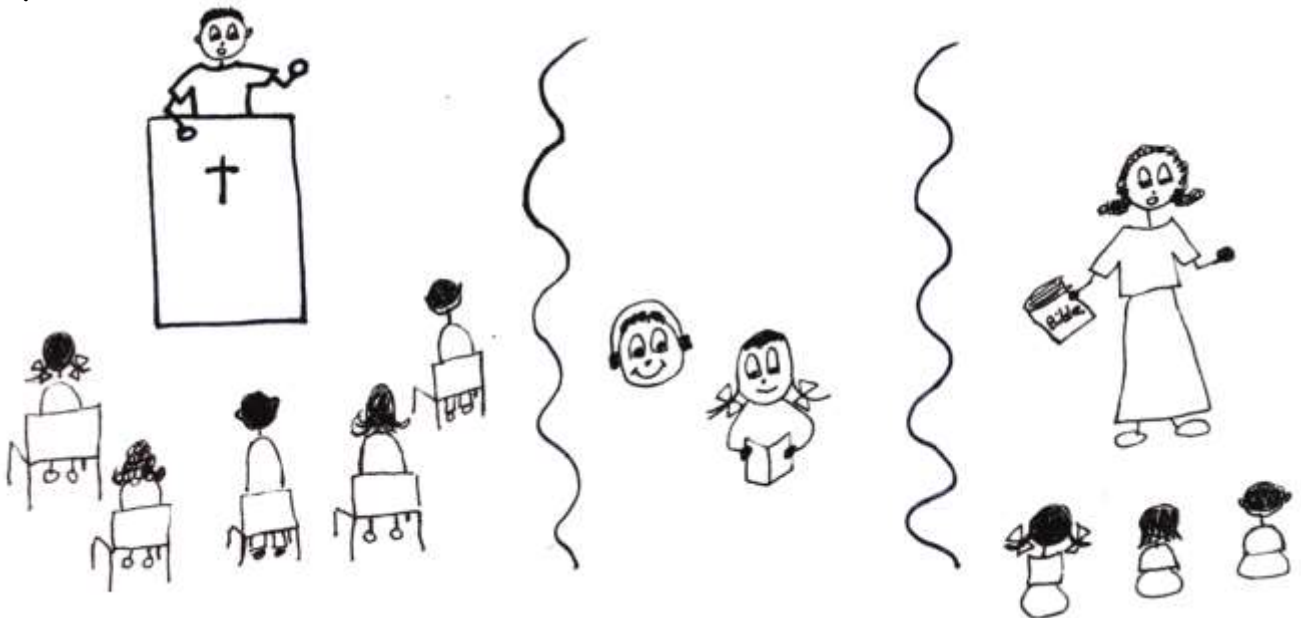


We can walk right through the obstacles if we concentrate on Jesus and use His thinking. Most people don't want to learn the word of God. They don't want to take the time to learn about our wonderful Lord, Jesus Christ! He is probably not flashy enough for them. Yet, Jesus Christ accomplished more than any "flashy" man could ever accomplish; He paid the price for all of mankind's sins! Only through Him can we have complete rest! Don't be drawn into unrest! We can have **His** rest!

**Matthew 11:28 "Come to Me, all who are weary and heavy-laden, and I will give you rest."**



Why does God want us to rest and get the refreshment of His word? It is the only cure for our difficulties, sorrows, fears and bondage! By taking in the word of God, we will replace our sorrows, fears, and bondage with the comfort of rest and peace! It replaces negativity! The cosmic system wants us to be negative. The world's ways are meant to take away the refreshment of the word of God. Rest or the lack of rest has to do with the way we think. Ignorance of and negative volition toward God's word are what cause us problems. The Christian life is one of refreshment. We need God's food, His word, to refresh us daily. Only then can we rest and not feel spiritually hungry and tired! Refresh yourself with God's word!

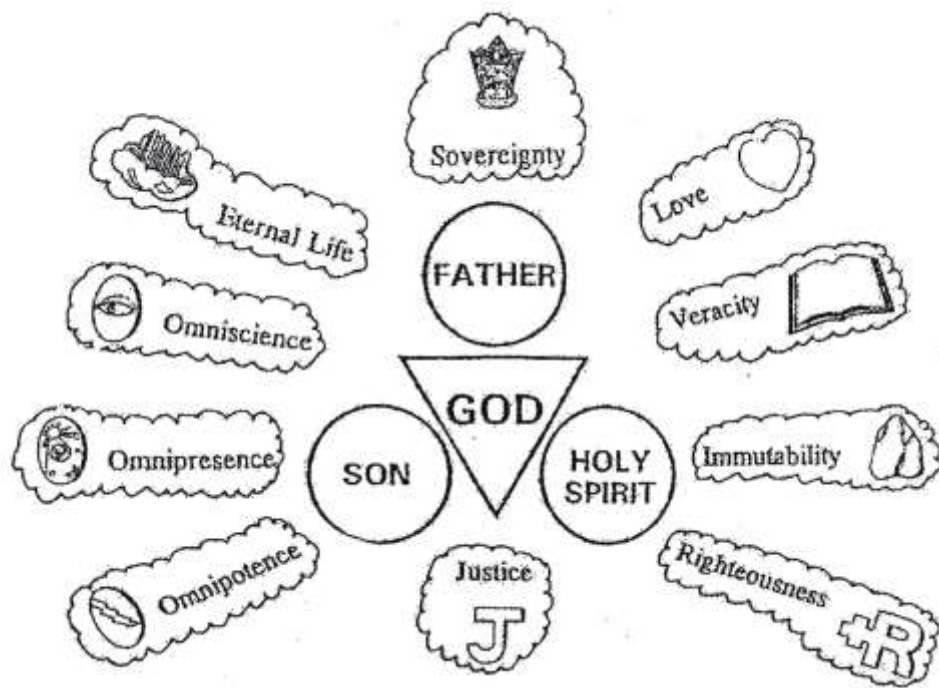


Romans 8:15 For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!"

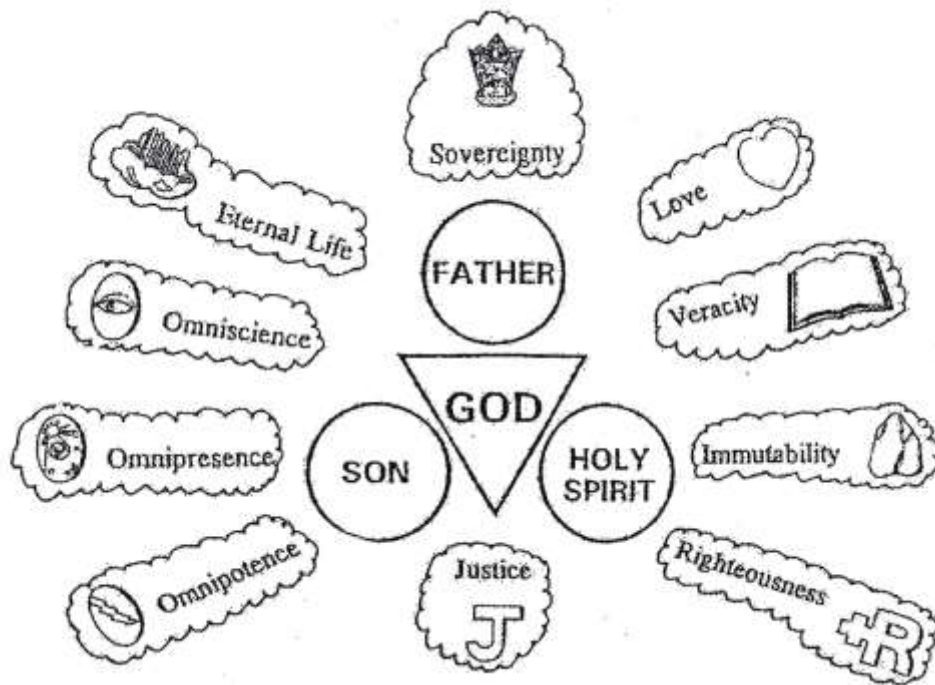
2 Timothy 1:7 God has not given us the lifestyle of fear, but of power and love and of a sound mind.



God's glory, His nature and essence, is revealed or shown by His grace. Grace is all that God is free to give to us because of Who and what He is. We don't deserve anything. God's grace gives us the power we need to live in the present and in the future. We can rest in the fact that God will help us all along our way to heaven. He has promised this in *Hebrews 13:5* *Make sure that your character is free from the love of money, being content with what you have ; for He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU."* God promised He will be gracious and merciful (compassionate) to us.



Even divine discipline shows us God's grace. In discipline, God is showing us the right path, the restful path to spiritual growth. If we don't have rest with God, we won't have rest with ourselves, and we won't have rest with others. Arrogance, guilt, condemnation, and fear will torment our souls unless we discover what real biblical rest is. God is tapping His foot waiting to be gracious to us. He wants us to see His glory. God shows His glory through His grace and mercy. We show God's glory when we are at rest in our spiritual walk!



Lamentations 3:22-23 The LORD'S lovingkindnesses [grace] indeed never cease, for His compassions never fail. They are new every morning; great is Your faithfulness.

Today, technology tells us all about what happens all over the world. There are some scary things happening. Scary, that is, if you don't believe that God has everything in control and that He has a purpose and a reason for everything that is happening in our lives. It is also scary if you don't believe God's promises! Satan wants to scare us! Many people freak out when they hear bad news. God's promises replace fear. If we don't live in God's promises which are based upon His character and nature, we won't have rest. So, let's learn, believe, and use the promises of God! He always keeps His promises! With or without us, God comes through for us! Here are some promises for you to use!

1. Psalm 55:22 Cast your burden upon the Lord and He will sustain you [pile your troubles on God's shoulders. He'll carry your load. He'll help you]; He will never allow the righteous to be shaken.
2. 1 Peter 5:7 Casting [throw] all your anxiety [cares] upon Him, because He cares for you.
3. Ephesians 2:8 For by grace are you saved through faith; and that not of yourselves: it is the gift of God.
4. Galatians 3:26 For you are all the children of God by faith in Christ Jesus.
5. Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; for Thou art with me; Thy rod and Thy staff they comfort me.
6. Psalm 27:14 Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord.

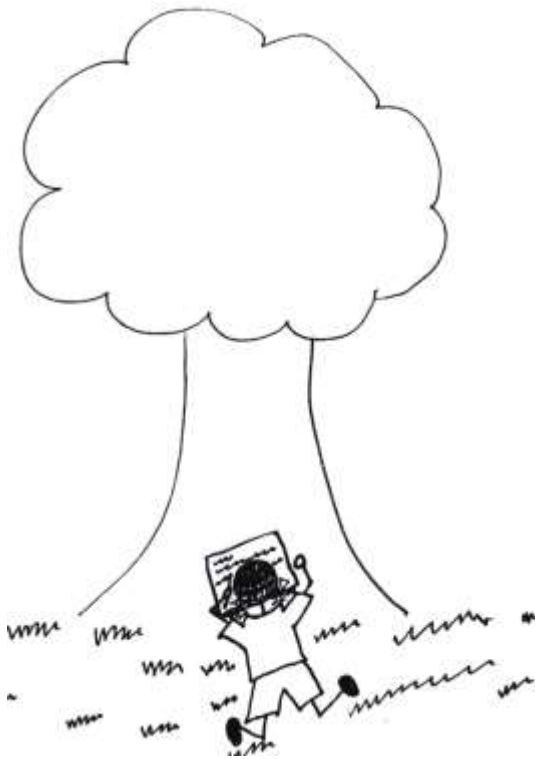


God has given us a wonderful inheritance, **rest!** Now this doesn't mean that we sit around all the time eating cookies! Because of our belief in the Lord Jesus Christ, it means that along with Jesus, we are heirs of God. The predesigned plan of God, which Jesus tested out for us, is ours. When we stay in that plan and let the Holy Spirit control our souls we will be mentally at rest! We also inherited being priests with Jesus Christ as our High Priest. We can pray directly to God the Father. We are God's children and He loves us with an infinite love! That's a lot of love! We have the peace of mind knowing that we will inherit a place in heaven. Yes! One day we will be in heaven with God enjoying even more of our inheritance. We'll be in perfect rest and peace!



Dear God,

Thank you for the amazing rest you have given us. I'm glad that you can read my mind because it is difficult for me to explain my gratitude. It goes all the way into the deepest part of my soul! Just sitting here thinking about being with You in heaven is fantastic! While here on earth, I never have any reason to feel alone, for You - Father, Son and Holy Spirit - are with me. You have given me everything I need to learn about You and Your thinking. You give me confidence and divine deliverance. And it only gets better! God the Holy Spirit is the One Who changes me; I don't change myself. All I have to do is let Him be in control of my soul and teach me the truths in the Bible. The Holy Spirit does the work; I receive the benefits! The more of Your truth I have in my soul, the more peaceful is my rest. In fact, I can't wait for Bible study! You make it so refreshing! Thank You for everything You do!



Love to You, my God,

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(Put in your name.)

James 4:8 Draw near to God and He will draw near to you.



## He Will Carry You

There is no problem so big God cannot solve it.  
There is no mountain so tall He cannot move it.  
There is no storm so dark God cannot calm it.  
There is no sorrow so deep God cannot soothe it.

### Chorus

If He carried the weight of the world upon His shoulders,  
I know my brother that He will carry you.  
If He carried the weight of the world upon His shoulders,  
I know my sister that He will carry you.



### Bridge

He said, "Come unto Me all who are weary and I will give you rest."



## Points to Remember

- God wants us to rest, relax, and live in the moment.
- **Sabbath** means a time of rest.
- We can have a rest that goes beyond understanding.
- We all search for and desire inner happiness.
- God has put that desire in our souls.
- There are obstacles on earth that take us away from our rest. They can be in the form of people or situations.
- Most people don't want to take the time to learn the word of God.
- To reject God's word is to reject the rest God has for our lives!
- By taking in God's word, we will replace our sorrows, fears, and bondage with the comfort of rest and peace!
- God's glory is revealed or shown by His grace.
- We show God's glory when we are at rest in our spiritual walk.
- If we don't live in God's promises which are based upon His character and nature, we won't have rest.



## Vocabulary

**anxiety:** a state of uneasiness: worry.

God wants us to be free from **anxiety**.

**frustration:** a prevention from accomplishing a purpose.

God wants us to be free from any **frustration** so that we can accomplish His plan for our lives.

**deliverance:** a state of being set free.

We can have divine **deliverance** from our sorrows and fears.

**Sabbath:** a time of rest.

The Church-age believer has been given by God a moment by moment **Sabbath**.

**comprehend:** to understand.

Believers can have a rest that the world can't **comprehend**.

**obstacle:** something or someone that opposes or stands in the way of.

There are **obstacles** on earth that take us away from our rest.

**condemn:** to express or show strong disapproval of: to put down and made to feel inferior.

Sometimes people want to make themselves feel good so they will **condemn** us.

**revealed:** made known or shown.

God's glory, His nature and essence, is **revealed** by His grace and mercy.

**compassionate:** actively sympathetic concern for the suffering of another.

God has promised He will be **compassionate** to us.

**inheritance:** something willed to an individual by another individual.

God has given us a wonderful **inheritance**, rest!

