

REST, ABIDE, WALK

Let us therefore be diligent to enter that rest, lest anyone fall through following the same example of disobedience.

Hebrews 4:11

One of the greatest challenges to a believer is to avoid being sidetracked from following Jesus Christ. Life is filled with things that threaten to overwhelm you, things like business affairs, time-pressures, problems, trials, and tragedies. When you are weighted down, when things seem hopeless and the future bleak, the tendency is to look to other people for answers. You may attempt to “fix” the circumstances, or do something other than receiving from Jesus Christ the power to live.

This lesson is designed to help the believer, whether newborn or mature, to know the secret of real power for the drudgery of living day after day after day in grace and triumph. We pray that you will realize that what we call “the process of daily life” is the arena where God’s sustaining grace and peace and strength are to be proven. You may tend to think in terms of “what it will be like” when . . . a certain level of spiritual maturity is reached, or a chosen goal attained. But God and His power are for now—not just for the future. Your life can be characterized by either resting or wrestling. Rest is yours when you can shift the focus of your attention from yourself and your problems to God.

REST

REST

Matthew 11:28-30

Philippians 2:3, 5-8

Hebrews 4:9-11

Isaiah 40:28-31

Turn the page to continue on ABIDE & WALK.

ABIDE

John 15:1-11

WALK

Galatians 5:16

Ephesians 5:18

1 John 5:14-15

Action steps to take when I realize I am not resting:

The baby steps are **A**_____ I am not resting and **A**_____ God to take charge of my life. As I mature in Christ, I simply **A**_____ I am not resting as the Spirit reveals it to me, and I thank Him for revealing it to me and once again **A**_____ what is already mine (2 Peter 1:3).

Ask

Acknowledge

Appropriate

Admit

190-A

REST

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Continued from previous page.

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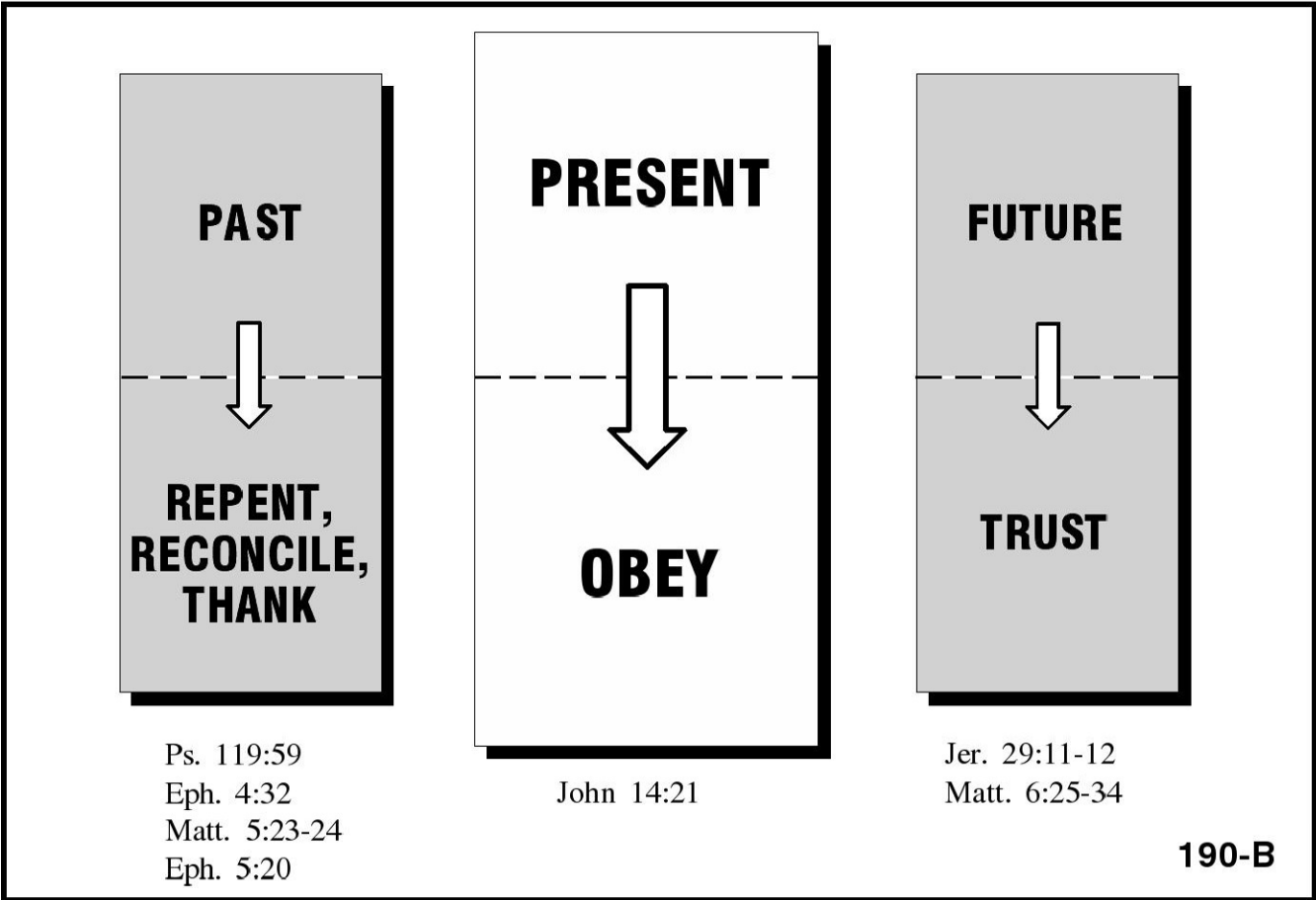
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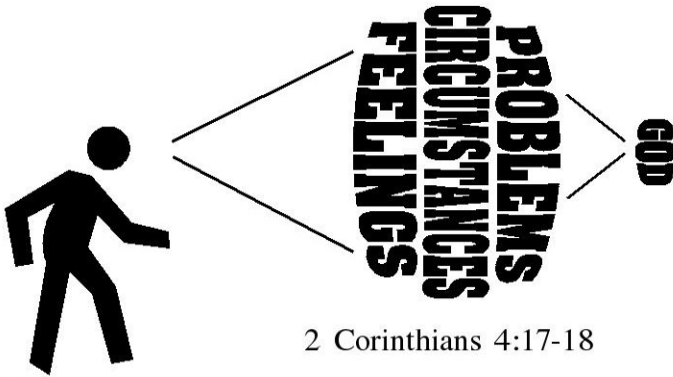
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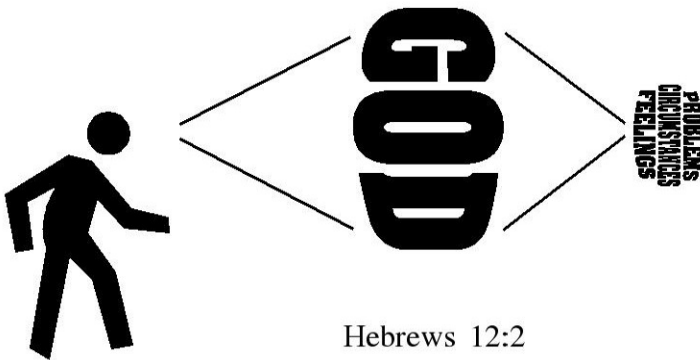
NOTES

MAN'S VIEW OF LIFE



Self-Centered View of Life:

Does your God seem so small you are unable to trust Him and rest? Why? You see most clearly what is closest to you, so God seems small and far away when you concentrate on your problems, circumstances, or feelings. Your prayer might sound like this, "Oh, God, where are you? I'm overwhelmed by what is happening in my life."



God-Centered View of Life:

This is the correct view. God is your focus, not your problems, circumstances, or feelings. You can clearly see Him in all His power, wisdom, and sovereignty. You can rest because you know He is in charge. He is a God of love who can bring you through any issue or problem. Your prayer would sound like this, "Oh, God, I thank you for being in charge of my life. Please show me how you want me to handle this situation."

190-C

NOTES

REVIEW

- God provides a never-failing rest that is the constant, present inheritance of every child of God.
- Self-focus is the first step in the forfeiture of God's rest.
- Jesus calls all who are weary and beaten down to receive His rest and give Him their burdens.
- Abiding in Christ and remaining in intimate contact with Him is the only way to have a fulfilling, fruitful life.
- Walking after the Spirit is a one-step-at-a-time process. Steps are small, manageable movements of progress that both train and prepare for greater strength and ability.



NOTES