



Sermon Series: Walking in Wisdom
Sermon Title: Rethinking Rest and Renewal
Scripture: Matt. 11:28-30; Gen. 1-2; Rom. 12:1-2; 8:31-39
Pastor Chris Fritz
Sunday, January 29, 2023

INTRODUCTION

"Come to Me, all 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. For My yoke is easy, and My burden is light."
(Matthew 11:28-30)

I. PURSUING DAILY REST & RENEWAL IN JESUS

Genesis 1:26-27; Genesis 2:1-3 -

1) You can pursue rest & renewal by embracing your creaturely, image-bearing privilege!

"Have you not known? Have you not heard? The LORD is the everlasting God, THE CREATOR of the ends of the earth. He does not faint or grow weary; His understanding is unsearchable." (Is. 40:28)

Note: There is great comfort, peace, and rest in actually believing that God IS God and we are not.

"Preserve me, O God, for IN YOU I take refuge. I say to the LORD, 'YOU are my Lord; I have NO GOOD apart from YOU.'" (Psalm 16:1-2)

"But by THE GRACE OF GOD I am what I am, and His grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but THE GRACE OF GOD that is with me." (1 Corinthians 15:10)

"...your heavenly Father KNOWS that you need them all. But SEEK FIRST the kingdom of God and His righteousness, and all these things will be added to you." (Matthew 6:32b-33)

2) You can pursue rest & renewal through the Scriptural, daily renewing of your mind!

Romans 12:1-2 -

Note: An essential component of this renewing of our minds is PRAYER!

“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; BUT HIS DELIGHT is in the law of the LORD, and on His law he meditates DAY and NIGHT. He is LIKE A TREE planted by streams of water that yields its fruit in its season, and its leaf does not wither. In ALL that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the LORD knows the way of the righteous, but the way of the wicked will perish.”
(Psalm 1:1-6)

3) You can pursue rest & renewal by delighting in God’s love for YOU!

Note: We do NOT honor God or help ourselves by believing bland, dull, vanilla, non-specific generalities about God and His zealous, active, passionate, and determined love for us!

Romans 8:31-39 -

“...the life I now live in the flesh I live by faith in the Son of God, who loved ME and gave Himself for ME.” (Galatians 2:20b)

BEWARE: Pride is a “rest killer” and it is a “renewal killer”.

Proverbs 16:25; Proverbs 13:13-14; Matthew 11:28-30 -

Questions for Further Study, Reflection, and Application...

1. What specifically does Jesus command us to do in Matthew 11:28-30? What does Jesus teach us about Himself in these verses?
2. In Genesis 2, why does God tell us about His decision to rest on the seventh day? Why is this important for us as image-bearers?
3. How can our minds be renewed? How does this happen? How have you experienced this? What are things that you have done to pursue this renewing of the mind?
4. If you are “in Christ”, why is it important to believe and personalize God’s love for you? What are the benefits of doing this? What are the dangers of not doing this?
5. How is pride a constant enemy of us finding rest and renewal in Christ?