

Rest For The Soul. Jer. 6:16 Mt. 11:29

I. Need of rest.

A. People everywhere complain of chronic fatigue, continual tired feeling.

1. Often without actually having done any work.
2. 239 out of 300 cases nothing organically wrong.

* 3. make over *

B. This not only makes people feel badly but reduces their efficiency.

C. There is a general restlessness that goes beyond physical explanation; answer found in the soul.
St. Augustine: "Our souls are restless until they rest in thee, O God."

II. What is this Rest for the soul?

A. The fact or reality of this resting place for the soul. Ps. 116:7 -
Millions have found this rest.

B. This solution gets at the real root of this so-called "false fatigue."

1. Psychologists have said the cause is usually not in the body or over work, but in the nerves, mind, attitudes and emotions; or, in other words, spiritual, rather than physical.

2. Usually when you get right in your spirit, your attitudes & emotions, you will have peace of mind & nerves, and the tiredness & restlessness will disappear.

3. They say loneliness causes fatigue -
Ex. 33:14 is a promise made to order for that situation: "My presence shall go with thee and I will give thee rest."

How to Enter Into this Rest

- A. The only cure is the old cure - Jer. 6:16 - "Thus saith the Lord, stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls."
- B. Cease from self labor & works. Heb. 4:10, "For he that is entered into his rest, he also hath ceased from his own works, as God did from his."
- C. Stop your hurrying & worrying - Be still and hear the voice of God.
- D. Come to God - Mt. 11:28-29
- E. Live in God - abide in Him. Lose your fears & anxieties in the infinite grace of God.
- F. Exchange unbelief for confident faith. Heb. 3:19; 4:6
- G. When your soul is rightly adjusted with God, you will have the right outlook on life & have something to look forward to every day, and inner peace will replace the feeling of guilt. and God will give you His gladness for your guilt, His peace for your perplexity, His rest for your restlessness, confidence instead of cowardice, faith instead of frustration.

(over)
* - Lady went to Dr. saying, "Dr. I don't know what's the matter with me; I'm just all run down!"
The Dr. answered: "Lady, you're not all run down; you're all wound up!"

This is what Jesus means when He says, "Come unto me, and I will give you rest; take my yoke upon you and learn of me; and ye shall find rest unto your souls."