

LESSON 7

ANXIETY VS. RESTING

Introduction

- Rest is a peace of mind and spirit.
- This is an emotional rest, not necessarily a physical one.
- Free from anxiety and disturbance
- Confident and trusting

Isaiah 30:15 In repentance and rest you will find your salvation; in quietness and confidence you will find your strength.

Lesson

1) Repenting means doing a complete turn from unbelief.

Hebrews 3:12-13 See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.

2) Resting means stopping your own work.

Hebrews 4:10 For anyone who enters God's rest also rests from his own work, just as God did from His.

3) The inability to "rest" emotionally from anxiety means I have unbelief.

Hebrews 4:6 It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience (unbelief).

4) Quietness means being still inside.

Psalms 46:10 Be still and know that I am God.

5) Confidence means trusting completely and totally in God, no matter what!

Proverbs 3:26 For the Lord will be your confidence and will keep your foot from being snared.

Exercise

Let anxiety remind you to find a quiet place to trust. What would it look like to exchange anxiety for trust? Trusting God allows us to be emotionally quiet where we can rest. My favorite words to release me from anxiety and move me into trusting God is “Well Lord, I just can’t wait to see what you are going to do with this one!

Application

God rested on the seventh day. Not because he was tired, but for an example to us. Physical resting is the opposite of working or striving. Emotional resting is the opposite of anxiety.

Hebrews 4:3-4,6-7 (3) ...now we who have believed enter into that rest (but) just as God has said, “So I declared on oath in my anger, ‘They shall never enter my rest.’”... (4) And yet his work has been finished since the creation of the world. And on the seventh day God rested from all his work.: (6) they did not go in because of their disobedience (unbelief). **Instructions** (7) “Today, if you hear his voice, do not harden your hearts.”

Could a hardened heart be an anxious heart?

Principle

Emotional resting is intentional. It is the opposite of anxiety.

Hebrews 4:10 For anyone who enters God’s rest also rests from their works, just as God did from his.

Conclusion

Resting is a maturity skill. Maturity depends on the stronger part of ourselves. We can create a dialogue within our hearts to find a place of safety. When I become **aware** of my anxiety, I am to **acknowledge** it and then take **action**. The action to take is “believing”. Release yourself from the responsibility to fear, fret or worry. Just be concerned enough to do the next right thing and have faith that other things will work themselves out.

**The Lord is my Rock, and my fortress and my deliverer; my God,
my strength, in whom I trust... Psalm 1**