

# *Rest in the Lord*

*Ps 37:7*

**1**

7 Rest in the Lord and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes.

The context of this passage is seen in the following verses of chapter 37...

*Ps 37:8-10*

**2**

8 Cease from anger and forsake wrath; Do not fret; it leads only to evildoing. 9 For evildoers will be cut off, But those who wait for the Lord, they will inherit the land. 10 Yet a little while and the wicked man will be no more; And you will look carefully for his place and he will not be there.

The Psalmist is showing a contrast using as his illustration the evil doers and the wicked in the world. He is contrasting them with those who wait for the Lord, and he is very clear that the wicked will be no more, they will not be there.

In Luke 12 we read of the landowner who had been greatly blessed by God in his harvest. Notice how this landowner reacts to it...

*Luke 12:17-19*

**3**

17 And he began reasoning to himself, saying, 'What shall I do, since I have no place to store my crops?' 18 Then he said, 'This is what I will do: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. 19 And I will say to my soul, "Soul, you have many goods laid up for many years to come; take your ease, eat, drink and be merry."

This man put a great deal of stock into his wealth and prosperity. All of his hopes and future dreams were sitting in the warehouses that he had built. Isn't that the scene that the Psalmist is painting for us here.

**4** ***Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes.***

We can never understand the workings of the world. Why, in a tornado, does one house get destroyed and its next door neighbor doesn't get touched. Why does it seem that some people seem to prosper in spite of the wicked lives they lead when someone who is desperately trying to...

**5**

***“Wait for the Lord”***

Has to battle every step of the way, seemingly for every crumb and scrap that they get? Where is the justice in that?

There is the point the Psalmist is making, there is no justice in this world. Not in that regard, at any rate.

In the next verse from Luke...

**Luke 12:20-21**

**6**

**20** But God said to him, 'You fool! This very night your soul is required of you; and now who will own what you have prepared?' **21** So is the man who stores up treasure for himself, and is not rich toward God."

This rich man became “No More.” People looked for him where he had been and he was no more. There is a difference in being rich in this world and being rich towards God. Being man, this is so hard for us to come to grips with. We want the luxuries of this life. We excuse that by saying “I just want to be comfortable.” Where do we put our trust? Where are our riches laid? Christ says...

**Matt 6:20-21**

**7**

**20** But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; **21** for where your treasure is, there your heart will be also.

Another one of those peculiarities of human nature, we tend to focus on those things that are important to us, family, job, homes, money, friends, or sometimes, even God.

The contrast that the Psalmist makes is between the evil-doer who concentrates on the things of this world and the one who “Waits for the Lord.” There are some points that I would like to look at from this thought. In the passage we looked at in Psalms 37:7, we read that we are to...

**8**

### ***“Rest in the Lord”***

This raises the first question in our discussion...

**9**

1) Where is the rest to be found?

Have you ever been caught out in the open when a sudden rain storm strikes? Of course, here lately, if a rain storm strikes we might all run out into it for joy, but the first inclination is to run for shelter. The illustration of the Psalmist is that the storms of life are constantly breaking over us in this world. He tells us to rest in the Lord. Rest in that chamber of rest that He provides and that is the Lord. So, how are we to reach this chamber? The steps are here, in this Psalm.

The first...

**10**

A) "Fret not thyself"

This may be one of the most difficult things that we have to do. Maybe I'm just different than everyone else in this regard, but I find it very difficult to stop myself from worrying.

I don't necessarily worry about everything, that's not my makeup. But there are things I worry about. The difficulties and trials of this world are among those things. I worry about the Church, especially here in Oakdale. Not because I think there is anything specific that needs to be fixed or worried about, but because I realize just how vitally important it is to have a congregation of people that are striving to be sound in their application of God's word, in all things, in this area. I worry that my children and grandchildren and any that might follow down the line will be able to worship God in Spirit and in truth in the future years to come, in this country. It's very hard to “Fret

not thyself' in a lot of areas. But that is what the scriptures teach. Christ himself had some very enlightening things to say about worry...

**Luke 12:25-26**

**11**

**25** And which of you by worrying can add a single hour to his life's span? **26** If then you cannot do even a very little thing, why do you worry about other matters?

Christ asks the question to all men, "What can worry do for you?" It doesn't change the course of events, it doesn't add even a nano-second to one's life, it does nothing but cause physical and mental distress

**Matt 6:34**

**12**

**34** "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Christ says that worrying about the future changes nothing. Why get worked up over the future, today has enough trouble of its own. Then, Christ summarizes the point from Psalms in...

**Matt 13:22-23**

**13**

**22** And the one on whom seed was sown among the thorns, this is the man who hears the word, and the worry of the world and the deceitfulness of wealth choke the word, and it becomes unfruitful.

We asked the question, "Where is the rest to be found?" Christ answers that question...

**14**

***"The man who hears the Word"***

The Word has the power to change us like nothing else can. That's what Paul talks about in...

**Rom 12:1-2**

**15**

**1** Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. **2** And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

The rest is in the in God, in Christ, in the Word. The will of God can and will change us, when we allow it to. We all have different things that we struggle with, that too is human nature, and that is what the will, the Word, of God can help us to change. God, through the Psalmist, gives us some thoughts to help us learn how to change, so that we won't fret and struggle with these difficulties of life, We have already looked at the first thought

**16**

A) Fret not thyself

Then in...

**Ps 37:1-8**

- 17** B) Be not envious
- C) Commit your way to the Lord
- D) Trust also in Him, and He will do it
- E) Lie in the land, (enjoy what He has given you)
- F) Delight yourself in the Lord
- G) Wait patiently for Him
- H) Cease from anger

Wouldn't be wonderful to be able to put these things behind us and truly be able to enjoy the blessing that God has given us in His creation. We don't have to struggle through this life, we can truly be changed so that we don't worry. When we allow the Word of God to work within us, to help us eliminate the world from how we are, we can find that rest that God offers. This brings us to our next point...

- 18** 2) What is the rest offered

Obviously, we have been talking about this idea already. The rest that is offered is a respite from this world and everything that is in it. The point is that when man comes to God, God doesn't encase him in an impenetrable shell. God doesn't stop everything that might affect him such as trials, persecutions, temptations, or death, rather, God gives him the tool of...

**19**

### ***HOPE***

To fight these things. When I was working as a carpenter for my dad, I would, on occasion, hit my thumb with the hammer. The response I got from dad was to hit a different finger, harder, he said it would take my mind off the pain I was feeling from the first one. That really is the best way to deal with difficulty, find something else to focus on. We have some young men of this congregation that have completed and or are going through basic training. Basic training is not easy, by any stretch of the imagination, but these young men are excelling at completing it because they have a goal that they have placed in front themselves to be part of the United States military, so they are willing to put themselves through the difficulty of basic so they can achieve their goal. That is what God offers to man. That is the rest. It isn't stopping the things of the world, its giving man something else to focus on. Something that is so far better than anything this world holds that if man will just keep his focus on it, the things of the world will stop having such an impact in our lives. That is the rest God offers, a better life in eternity, if we will just endure the temporary life now.

It is a rest of mind, of which the prominent ingredient is a sense of security and stability. There is an old saying that the only constant in this world is change. That's not the case with God...

***Ps 90:1-2***

**20**

**1** Lord, You have been our dwelling place in all generations. **2** Before the mountains were born, Or You gave birth to the earth and the world, Even from everlasting to everlasting, You are God.

God is constant and has been since before the beginning. That is stability of the rest that is found in Him. The world will change, God will not, ever. Rest is found in His eternal grace, mercy, and love. It is important that we both understand and believe in that eternal constancy of God, in His

unchangeableness, in His everlasting love, because that is where our rest lies, in the perfect manifestation of His everlasting love seen in life, death, and resurrection of our Lord and Savior Jesus Christ.

Our last thought in this lesson then is...

**21** 3) The nature of the rest

We now come to the real crux of this rest. Think of it like this, I don't know if any here have ever gone through the Black Chasm Caverns, but the point is whether or not you have or haven't, the cavern is still there, it hasn't disappeared because I haven't been there. The rest of God is like that cavern. Whether or not we or any man comes to the rest of God it is always there, it doesn't go away. But like the cavern, it can only be enjoyed if will go to it. God invites all men to come to Him for rest, but it is still a choice that man must make. You see the nature of the rest offered by God through Christ is the commitment man must make to achieve that rest through Christ. The Hebrew talks of this rest in...

**Heb 4:10-11**

**22**

**10** For the one who has entered His rest has himself also rested from his works, as God did from His. **11** Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

Do you see the condition that is set here? Disobedience is what causes one to fall from the rest of God. The nature of the rest that is offered is the comfort, peace, strength, and yes, forgiveness that can be found only in God through Christ. Yet none of those things can be found if we choose to not seek God. God wants us to find the rest He has put into place for us. In his discourse with the Greeks on Mars Hill Paul says...

**Acts 17:26-27**

**23**

**26** and He made from one man every nation of mankind to live on all the face of the earth, having determined their appointed times and the boundaries of their habitation, **27** that they would seek God, if perhaps they might grope for Him and find Him, though He is not far from each one of us;

This is an interesting thought. God is not far from each of us. What do you think that means? If He isn't far from us, where is He? The answer to that question is found, I think, in the discussion we have been having on the rest of God. We have seen that that rest is found only in God. It is found by making a commitment to faithful obedience to God through His Son Jesus Christ. We have seen that that rest is manifested in the hope that can only be had in Christ, through His death, burial, and resurrection, the hope of eternal life. And we have seen that the nature of this rest is founded in the commitment we make to God through Christ. How far is God from us? No farther than the desire of our heart.

**Acts 17:30**

**24**

**30** Therefore having overlooked the times of ignorance, God is now declaring to men that all people everywhere should repent,

*God wants us, do we want Him?*