

“Rest for the Holidays”

Pastor Jeff Burkholder

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How do we find rest in the midst of the holidays?

A. Rest comes through God and Him alone.

Psalm 62:1-5

B. Rest comes through trusting God rather than ourselves.

Exodus 16:1-30

“Things go terribly wrong when we try to assume control of our lives and those around us. For one, we sentence ourselves to a heavy load—we call it the weight of the world—that God never intended for us to carry. Running our world is too much for us, no matter how hard we try. To try to be God—something I find I am really bad at—without having the wisdom and power of God is a ridiculous proposition, a daunting task. Attempting to orchestrate the world around us, even for a day, leaves us stressed and spent.”

Louie Giglio, *I am not but I know I AM*,
Multnomah Publishers, Sisters, OR, 2005, p. 77.

“...rest, you see, is not about doing nothing. It’s about doing everything we do with the quiet confidence that our lives, families, businesses, ministries, relationships, and dreams are in His hands.”

Louie Giglio, *I am not but I know I AM*,
Multnomah Publishers, Sisters, OR, 2005, p. 124.

C. Rest for our souls comes through Christ.

Matthew 11:28-30

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30, *The Message*