



MESSAGE NOTES

Promised Rest

Psalm 127:2

James Brown

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. Psalm 127:2

1. Completely protected

Isaiah 52:12 For you shall not go out in haste, and you shall not go in flight, for the Lord will go before you, and the God of Israel will be your rear guard.

God wants us to get our proper rest. He has promised to provide for and protect us. So we don't need to worry. He will always give us the time and the energy we need to accomplish the good works He has planned for us.

2. Relying on His strength

Isaiah 40:31 But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

We can accomplish a lot more, without getting tired, when we rely on His strength. To ensure we are living in His strength, we need to check our motivation for doing things. When we are doing things for Him over anything or anyone else, He will always give us the strength we need.

Galatians 1:10 For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

3. Doing what is best

Luke 10:41-42 "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

The best thing we can do with our time is spend it with Jesus. God speaks to us through a still small voice in our hearts. We need to slow down and block out all the noise to be able to hear that voice.