

REST *WHERE*, JESUS???

As we continue to “Become like Jesus” this year here at CRC, our next step or next season is to “**Rest Like Jesus**”. Jesus, being 100% divine, worked hard: He healed, delivered, prayed, preached, taught, set free, raised the dead, etc. But, also being 100% human, Jesus rested hard. He took time to REST. So, being like Jesus, means that you and I must also be intentional about making time in our lives to rest – to reflect, energize, take steps, and trust whatever God is saying to us in this season of our lives.

So, the question that our text puts squarely before us today CRC, is not whether or not Jesus wants you and I to rest, but the question is exactly *where* should we rest, if we want to be more like Him today?

READ MARK 4:35-41 (NLT)

GIVE THE TITLE

Let me warn you that we will be bouncing back & forth between the dual natures of Jesus – His divinity AND His humanity. Most, if not all of the time that we think about Jesus we think about Him as the God-man: God-in-the-flesh, the Son of God-and He is that, of course. But I don’t think we think about the other side of Him much, i.e. His dual nature-the Man-God: the flesh that God is in, the Son of Man (which is what Jesus called Himself, He never called Himself the Son of God-other people & God did that). Which means that of His two natures, Jesus Himself seemed to relate more to being *human* than to being God.

V.35: Rest in Leaving the Crowds Behind – You can’t R.E.S.T. if you’re chasing the crowd around, or in Jesus’ case-the crowd is chasing you around. There are times in your life and mine when we have to make an intentional choice to move away from the crowd in order to move closer to Jesus. When I think of the “crowd” in today’s vernacular, the first thing that comes to mind is social media. Sometimes we follow that crowd, sometimes it follows us. But either way, it can rob us of rest. The “crowd” can be the crowd of people that we associate with, hang out with, or work with. They can be emotionally, mentally, or physically exhausting. They may even try to make you feel guilty for trying to take a break (rest) from them! Jesus-the human being-was tired y’all! He had just finished teaching a bunch of parables to a crowd so large that He had to get in a boat in order to teach them. (v.1) The crowd will make you tired. So, Jesus said, “I need some rest! Let’s get away from the crowd.” **So, the disciples took Jesus and left the crowd. Sometimes, you can’t have both, because the crowd will try to replace Jesus!** And when trouble comes would we rather rest in the crowd or rest with Jesus? (Ex. 33:14: “I will personally go with you Moses, and I will give you **REST**-everything will be fine for you.”)

V.37: Rest in the Storm – So the storm comes and the Disciples are terrified. Jesus is somewhere in the back of the boat with His Head buried in a pillow, probably snoring (the work-hard-snore). But the storm is raging and about to capsizethe boat and the Disciples are so scared that they

start yelling at Jesus and wake Him up. It was like they literally forgot that Jesus was Jesus- whether He was sleep or not. Have you ever been in a situation and you knew Jesus was around somewhere, but it felt like He was either asleep or distracted by His cell phone? The Disciples wake Him up saying something stupid, “Don’t you care that we’re going to drown?” Of course He cares! It was His idea to be out here on the boat in the first place! And if He didn’t care He wouldn’t even be on the boat! Now, you know what’s it like to be in a good sleep and then somebody wakes you up?! YOU MAD! So Jesus, probably agitated at being woken up from a good sleep, jumps all over the wind and the sea, yelling, “Silence (Peace)! Be still!” It was like when a parent is mad at their kids and yells at them, “Sit down! Shut-up!” Everything in creation probably stopped moving when Jesus said that. Then Jesus looks at the Disciples and in the midst of total silence, asks them 2 penetrating questions, “Why are you ***STILL*** afraid? Do you ***STILL*** have no faith?” The implication is that the disciples have been with Jesus long enough to know a few things about Him. The absolutely radical thing that Jesus wanted to teach the disciples then, and you and I now, is that as Followers of Jesus, **WE CAN REST ANYWHERE JESUS IS, AT ANY TIME...NO MATTER WHAT IS GOING ON AROUND US!**

Jesus was literally next to the disciples on the boat, so what He was sleep? But He was there! Jesus wanted the disciples to be able to do what He was doing in the storm-SLEEP or REST! Jesus was like, ‘Fella’s, if I’M not worried about the storm, then why are YOU?’ So my question to us today is this, “Who’s on your boat?” Is it the crowd? Is it social media? Is it a negative attitude? Maybe that’s why you can’t REST. **Jesus uses “Peace” to stop the storm. But He was only able to use against the storm what was already IN Him to use.** He had peace BEFORE the storm came, which is why He was able to be at rest WHEN the storm came. And we all know storms will come and storms will go, but will be able to find times of rest during the storms of our life? In my own life, I’m looking for that. I want that peace that just doesn’t even make sense to have when I’m in a storm: **Phil. 4:7 – Then you will experience God’s peace, which exceeds anything we can understand.**

- A. **Sometimes Jesus will tell us to REST in a *place* in order to learn how to REST in Him.**
- B. **Resting Like Jesus is not PASSIVE.** It requires active participation on our part. ***R.E.S.T. – REFLECT, ENERGIZE, (TAKE) STEPS, TRUST (WHAT GOD SAID).***
- C. **REST for our souls comes from time spent with Jesus** – Matt. 11:29: Let me teach you, because I am humble and gentle at heart and you will find REST for your souls (will, intellect, desires).
- D. **REMEMBERING will help us to REST** - Psa. 4:8: In peace I will lie down and sleep, for you alone O Lord will keep me safe. Sleep itself is an act of faith!
Psa. 116:7 – Let my soul be at REST again, for the Lord has been good to me.
- E. **Resting Like Jesus is for YOU** - Heb. 4:9 – There is a special rest still waiting for the people of God.