



REST ASSURED

WEEK 1 | DAVE D'ANGELO

When you think about rest, what comes to mind?

In America, we're running on empty physically, emotionally, and spiritually. We're also working less, sleeping more, and using more vacation time than we did five years ago.

We need a different picture of rest.

John 13:21-26

After saying these things, Jesus was troubled in his spirit, and testified, "Truly, truly, I say to you, one of you will betray me." The disciples looked at one another, uncertain of whom he spoke. One of his disciples, whom Jesus loved, was reclining at table at Jesus' side, so Simon Peter motioned to him to ask Jesus of whom he was speaking. So that disciple, leaning back against Jesus, said to him, "Lord, who is it?" Jesus answered, "It is he to whom I will give this morsel of bread when I have dipped it." So when he had dipped the morsel, he gave it to Judas, the son of Simon Iscariot.

John shows us real rest is **confident assurance**, no matter what is going to happen:

- Not the absence of fear
- Not elimination of worry or stress
- Not calm or quiet circumstances

Meno: (literal and spiritual uses) to abide, to stay, to remain, to continue to dwell in a state of union with someone

→ John models mena at the Last Supper

Mena in John's Gospel:

- The spirit remained on Jesus (**John 1:32**)
- Disciples abide in Jesus' word (**John 8:31**)
- Relationship among and with the Trinity (**John 14:10, 17, 23**)
- Abide in me, and I in you (**John 15:4**)

"The disciple whom Jesus loved" isn't a show of arrogance; he is confident in Jesus' love for him.

When it comes to rest, real rest is not found in more sleep. It's not found in a day off. It's not found in a vacation. Real rest is only ever found in trusting the person who rules all the things we don't understand and can't control.

- Paul David Tripp

Matthew 11:28-30

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

→ Rest comes from seeing ourselves as disciples whom Jesus loved through mena.

The rest of James is going to show us how to rest in Jesus through the way we live our lives.

Abiding in Jesus calls us to action:

- Care for the poor
- Resist temptation
- Prove our faith through our works

→ As Jesus' younger brother, James offers a unique perspective.

- › Didn't believe in Jesus at first
- › Led the church in Jerusalem

James 1:5-8

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.

Tomatoes & James 1:5-8:

- 1 God gives wisdom generously.
- 2 Not all wisdom should be equally valued.

Proverbs 3:13-18

Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold. She is more precious than jewels, and nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to those who lay hold of her; those who hold her fast are called blessed.

Wisdom is knowing what to do with what you know.

- 3 “Asking”, and “asking in faith” are different things.

Ask: make it a habit to continue to ask

Where you continue to ask, you continue to abide.

Who are you asking in faith for the wisdom you need?

Rest is found in our commitment to our relationship with Jesus and our choice to **look only to Him for answers.**

- 4 The premise to this promise is connected to the kind of wisdom we seek.

Matthew 6:24

“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.”

Why do you want the wisdom? **Who is it going to serve?**

The wisdom God gives serves the glory and purpose of God, not man.

James 1:1

James, a servant of God and of the Lord Jesus Christ.

Rest is not a reward for the finished; it's a surrender to the One who is sovereign.

- Ruth Chou Simons

