



# RESTING FULFILLED

WEEK 6 | SCOTT STEVENS

**Rest is found when we adjust our idea of success and fulfillment.**

**Fulfillment:** reaching a goal that you set out to accomplish that leaves you feeling good at a deep level.

**Question:** *When I hear the word fulfillment, what comes to mind?*

## **Fulfillment According to Americans:**

- 1 Wealth and material possessions**
- 2 Success and achievement**
- 3 Romantic relationships and marriage**
- 4 Pleasure**
- 5 Healthy and successful children**
- 6 Perfection and control**
- 7 Popularity and external status**
- 8 Freedom and independence**
- 9 Perpetual busyness and productivity**

## **James 4:1-2**

*What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.*

→ Unfulfilled passions inside us cause internal and external rage.

### **James 4:3**

*You ask and do not receive, because you ask wrongly, to spend it on your passions.*

**Question:** *Do I use my prayers primarily to ask for things on the fulfillment list?*

What if instead, we pray, "You are God and I am not. I am ready to follow you."?

### **James 4:4**

*You adulterous people! Do you not know that friendship with the world is enmity with God?*

**Question:** *Even when God is meeting my needs, am I still looking to the pleasures of the world?*

### **James 4:4-5**

*Therefore, whoever wishes to be a friend of the world makes himself an enemy of God. Or do you suppose it is to no purpose that the Scripture says, "He yearns jealously over the spirit that he has made to dwell in us"?*

→ We cannot pursue the world and God.

### **James 4:6**

***But he gives more grace.*** *Therefore it says, "God opposes the proud but gives grace to the humble."*

### **James 4:7-8**

*Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.*

→ Stop trying to boss God around by telling Him everything we think we need.

### **James 4:8-9**

*Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom.*

- Sometimes we need to come to the end of ourselves and be honest with God.

### **James 4:10-12**

*Humble yourselves before the Lord, and he will exalt you. Do not speak evil against one another, brothers. The one who speaks against a brother or judges his brother, speaks evil against the law and judges the law. But if you judge the law, you are not a doer of the law but a judge. There is only one lawgiver and judge, he who is able to save and to destroy. But who are you to judge your neighbor?*

### **Fulfillment According to God:**

#### **1 Knowing God and His will**

##### **Matthew 22:37-38**

*Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment.*

#### **2 Living in service to others**

##### **Matthew 20:26-28**

*“Whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave—just as the Son of Man did not come to be served, but to serve.”*

#### **3 Contentment**

##### **Philippians 4:11-12**

*I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation...*

- Fulfillment isn't about getting everything we want, it's about finding contentment in God's plan and embracing with gratitude all that we already have.

**4 Peace and joy**

**John 10:10**

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

**5 Relational fulfillment with God at the center**

**John 17:3**

*This is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.*

**6 Living with eternal perspective**

**Matthew 6:19-20**

*Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.*

→ The more we strive to keep everything, the more anxious we become.

**James 4:13-15**

*Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"—yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, "If the Lord wills, we will live and do this or that."*

→ We are prideful when we strive to control our lives. God tells us that life is short and fragile, and it is not in our control.

**Question:** *Which fulfillment list do I spend more time thinking about?*

**Get focused on God's list.**

**Matthew 11:28**

*Come to me, all who labor and are heavy laden, and I will give you rest.*