

## ENTERING THE LORD'S PEACE AND REST

### Psalm 37:5-7

To commit our way means to entrust everything to His control and guidance. It also means to trust Him with the understanding that He is able to take care of us better than we can ourselves.

Proverbs 16:3 (HCSB) says, "Commit your activities to the Lord and your plans will be achieved."

### Philippians 4:8

What we put into our minds determines what comes out in our words and actions. We are to dwell on whatever is:

**true:** sincere, in words – opposite of dishonest and unreliable things (Ephesians 4:15, 25)

**noble:** refers to what is dignified and worthy of respect

**right:** refers to conformity to God's standards

**pure:** refers to what is wholesome, not mixed with moral impurity.

**lovely:** speaks of what promotes peace not conflict

admirable relates to what is positive and constructive rather than negative and destructive.

### Isaiah 26:3

The promise from God is when our mind is fixed on Him; He will keep us in His perfect peace. Even when there is turmoil around us, He can help to keep our attitude steady and stable. See also Psalm 112:7-8. The word keep literally means, "guard as with a garrison."

### Romans 8:28

God works in all things for our good. This verse states the condition: "for the good of those who love God." this verse does not mean that all that happens to us is good, but He can take whatever happens to us and work it for our long-range good. He is always at work in our lives to fulfill His purposes.

### Matthew 11:28-30

When we willingly take (get into) His yoke we will find rest. We walk with Him and follow His leading. We don't need to struggle on our own to pull the weight. Giving it to Him brings the relief and release. Being in His yoke changes our meaningless efforts into spiritual productivity and fruitfulness (abiding in the vine).

### Hebrews 4:9, 11, 14

There remains yet to come a Sabbath rest for God's people; literally "cessation" rest from work when finished (Hebrews 4:4), as God rested. We are to strive to enter that rest.

### Isaiah 30:15, 18

We are delivered by returning to God and resting in quietness and trust for His salvation and deliverance. We can rest and not strive knowing He gives the strength to face any difficulty coming to us. We need to lay aside our striving, our own efforts and allow Him to act on our behalf.

Verse 18: His longing is to be gracious to you and to show compassion.

**Psalm 55:22**

Whatever burdens you are trying to carry, stop trying and give them over to your Father God. He will sustain you. See also 1 Peter 5:7.

**Exodus 33:14**

His promise forever: His presence will go with you and He will give rest. Never doubt His faithfulness or His Word.

**Matthew 6:33-34**

What God wants foremost in our life is to seek Him first and His righteousness. When we do, all the things of this life that are needed will be provided. He is to be first place in our lives and we should make sure nothing else bumps Him out of that spot.