

# Entering His Rest - Part 2

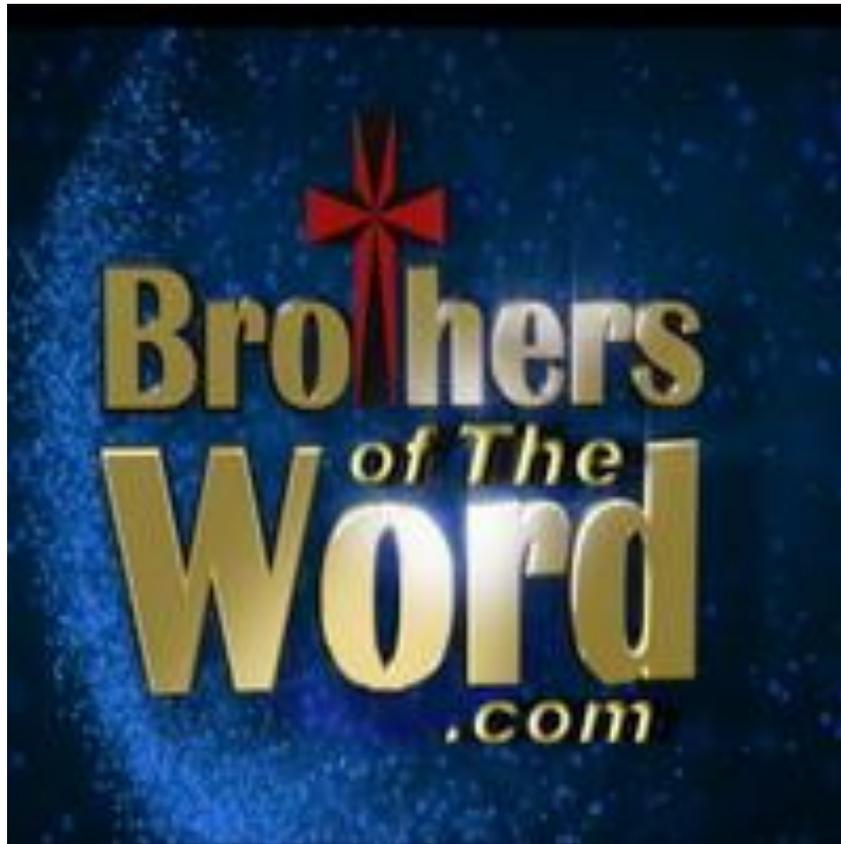
Sermon Title: **Entering His Rest - Part 2**

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Speaker: **C. Elijah Bronner**

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C. Elijah Bronner: God has a rest reserved for his people when we return to Him and we can lay down our burdens and abide in him.

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(Music Playing)

Female: And now for 7842, Entering His Rest - Part 2.

C. Elijah Bronner: Well, thank you for joining Brothers of the Word because brother, you need the word. We welcome all of you joining us by television or those of you joining us online at brothersoftheword.com or Facebook Live, welcome to today's service. Always a wonderful and joy to have you to tune in and join us.

I would like to share just a little humor. After Sunday school one morning, one of the parents invited the teacher over for dinner along with several other families from the church. And at the table, she asked her 6-year-old daughter to say the blessing for the meal. "I don't know what to say," her little daughter replied. "Just say what you hear mommy say," her mother said. The little girl bowed her head and said, "Dear Lord, why on earth did I invite all these people to dinner?"

Well, we are doing part 2 of a message entitled "Entering His Rest," entering into His rest. When we looked at Hebrews Chapter 3 and we also looked at Hebrews Chapter 4, I caught you up on your scriptural reading last time because we read for a good solid 15 minutes last time. So, I won't go through reading both of those entire contexts because we read a multitude of scriptures from Hebrews 3 and 4. But I would like to just read Hebrews 4 when I highlight 3 particular verses, Hebrews Chapter 4 and I want to look at Verse 9. We will look at Verse 9.

Hebrews chapter 4 verse 9 says, "There remaineth therefore a rest to the people of God." Isn't that good news? There remaineth therefore a rest to the people of God. So, this is something that has been left in place for us. There is something in place that God has in place for His people and there remaineth a rest for the people of God. People under the Old Covenant missed out on their

rest on several occasions and we were admonished not to miss ours. So, there's a rest that remains for the people of God.

In Verse 11. I'll skip to Verse 11. It says, "Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief." So, it says let us labor, let us work to get into that rest. Actually, the better rendering of that word labor is actually diligence. Let us be diligent. Let us be diligent to enter into that rest. Let us do the things necessary to enter into that rest so that we don't miss out on it like they did in the Old Testament. So, there's a rest for us. We need to be diligent so that we don't miss out on this rest.

And then in Verse 3, it says -- skip down to Verse 3. It says, "For we which have believed do enter into rest." And so, we find out that believing God, trusting God, following God's ways, walking in His plan and so forth that causes us to enter into a type of rest. So, we who believe enter into this rest. Now, we -- rest is vitally important and I think it's vitally important today more so than ever, because, I don't know, it seems like life is speeding up. Anybody who feel like life is speeding up? Men, things are just moving so fast. We are living on the fastest paced times in history.

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Things are moving so fast. Things are changing so fast. If you go out and buy some technology, a year from there, it is absolutely - - things are moving that fast.

I was talking to my next-door neighbor. He goes out and he flies drones. So, I was talking to him the other day, I said, "I haven't seen you fly your drone." He said, "Yeah. Actually, mine is outdated." Ad he had a really nice one. He said, "Mine is outdated." He said, "I was with my nephew," and he said, "my nephew had one that actually had GPS in it, built into it." He said, "Even if you fly it out of sight, all you got to do is hit the home button and it will return back to your hand from anywhere it is. Even if it's out of sight, it comes back to your hand." And he said, "It also has sensors in it, so it won't bump into trees or houses or won't hit anything." So, he was just giving me the advance -- I said, "Wow." I said, "Well, it sounds like you need to upgrade." I said, "Yours is outdated."

So, we are living in really a fast world. I mean, technology is changing so fast. Things are changing so fast. We are so busy. We are busier than ever, as a result of this fast pace. I believe there is more tension. There is more stress. We are more uptight. We are more fatigued. We are more tired. We are facing more burned out that we ever have. We are more sleep-deprived, and all of these is simply because we're just trying to keep up. We're trying to keep up with such a fast pace, such a fast-paced society and a fast-paced world that we live in.

On top of that, we end up carrying all kinds of burdens. Whether they would be relationship burdens, or family burdens, or financial burdens, or health burdens, all of these burdens on top of the fast pace of society is enough to break a person down. It is enough to wear a person out and we become tired not only physically but we become tired mentally, emotionally. We become fatigued. Our soul becomes tired because there's so much to keep up with. There's so much to balance. There's so much to juggle, and the pace is getting faster and faster and faster and faster.

And then when we become fatigued, we find ourselves irritated. We find ourselves critical, defensive, negative. We are robbed of creativity. We lose our better judgement. We lose energy. We lose discernment and we even lose our joy as a result of the fatigue in the fast-paced society and world that we live in.

But on top of all of that, the good news in Hebrews Chapter 4 Verse 9 is that there remaineth therefore a rest to the people of God. It was almost like God is saying, "I have a way of escape for you. You don't have to suffer like the world. You don't have to be burned out, stressed out. You don't have to be at your wits end. I have a solution for you and I have reserved it for my people (00:08:26) there's a rest, remaineth a rest for the people of God. Praise God and I'm grateful for that rest.

Rest means to relax. It means to pause. It means to breathe. Everybody just take a deep breath, all right. Let's take a deep breath. Hold it for a second and let it out. Oh men, just feel yourself relaxing. You feel yourself resting. You can feel tension leaving. But rest means to relax, to pause, to breath, to be at ease. Rest actually means peace. Peace in your spirit and your mind, peace in your body, peace. Rest brings recovery, refreshment, renewal. It replenishes us. It restores us. It repairs us. It rebuild

us. Puts us back together again. Make us new again. Rest means to be free from anxiety, to be free from distractions.

Let me read this verse. This is in Isaiah Chapter 30. Isaiah Chapter 30 Verse 15. Interesting verse. The Lord says, "For thus saith the Lord God, the Holy One of Israel; in returning and rest shall ye be saved; in quietness and in confidence shall be your strength." The New Living Translation says it this way. "This is what the Sovereign Lord, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved.

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In quietness and confidence is your strength." And so, God has a rest reserved for his people. When we return to him and we can lay down our burdens and abide in him, there is a rest in Christ. There is a peace in Christ. There is something that refreshes us in Christ. He invites us to come to him. This rest is the constant union that we have with Christ and communion we have with God. It's the end dwelling of the Holy Spirit that gives us rest. It's everything that we have received in him. We are complete in him, and so, he invites us to this rest. Now, you can rest in his presence. The Bible says in the book of Acts talks about the times of refreshing that comes from the presence of the lord. Also, in the book of Exodus, Moses told God one time, he said, "God, I'm not going unless your presence goes with us." God says, "Not only with my presence go with you, but you will also have rest."

So, there's rest that comes from the presence of God. There is a rest in his presence. Everybody say, "Rest in his presence." So, you can rest in God's presence. You can rest in his presence. Even when you pray. Sometimes, you don't have to pray a lot. You don't even have to say anything, you can just say, "Father, I just want to rest in your presence. I just want to rest in your presence." Not even going to say anything, not even going to talk about anything. I just want to rest in your presence. I just want to rest in your presence. Anybody ever has one of your kids just get in your lap and lay down? He just wants to rest in your presence. Just to rest in your presence. So, I believe there is strength we draw when we just rest in his presence. We just rest in his presence. There's a rest from worry.

When we cease from being agitative, we sit from struggling. We cease from all of these things that distract us and disturb us and

we learn to let go and release it to God. You let go and you let God. There's a rest from worry. There's a rest in his presence. There's a rest in his promises. There's a rest in his promises. There's a rest in his promises. There's a rest -- and Hebrews talked about this. We talked about last time, but there is a rest in His finished work. You can rest in His finished work. God finished his creation and he rested. He invites us into that rest. Jesus, he accomplished our redemption at Calvary's cross, that's the finished work. We can rest in His finished work. You no longer have to carry the heavy burden of sin and guilt and shame. You can be forgiven and rest. You can rest in his finished work. So, we rest in his promises. We rest in his finished work. We rest in his grace. He gives us grace and that grace enables us. That grace strengthens us. That grace allows us to do things we couldn't normally do. He graces us. We can rest in that grace.

We rest in that grace God's enabling empowering force. We rest in that grace. And then we can rest in His love. We can rest in His love. He sees you. He knows you. He cares. You can rest in his love. You can rest in his love, he sees you, he knows you and he cares. And then there is physical rest. There is physical rest. And I'm going to talk a little bit about physical rest today. Someone said that you should divert daily. You should withdraw weekly, you should abandon annually and I added to that since they were missing monthly, I added that you should be missing monthly. I felt like you shouldn't leave a month out so you should divert daily, withdraw weekly, you should be missing monthly and you abandon annually. Well, that speaks of taking a little time for self-care. You have to take care of yourself. You have to take care of yourself. Only one of you and listen. The Holy Spirit kind of impressed me. He said, listen, if you want to last for a long haul, you got to know how to pace yourself. There's a grace and there is rhythm of life. The air bend, the flow of life. You work hard and you rest and you work hard and you rest, you work hard and you rest. There's an even flow to life and if you want to last for a long haul, you have to learn how to operate this grace. You have to learn how to rest and take care of yourself and give yourself a little self-care and don't wear yourself out. Don't wear yourself out.

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People divert daily, you know just finding a little time each day. A little time each day to find a little enjoyment, a little recreation,

a little rest. Each day, you can do something whether it is, you know some people exercise. Some people might go see and watch a movie. Some people might read a book, some people might take a walk. Some people might, you know, take a bath or go out to the lake or to a mountain or stream or park or take a nap or just go outside and breath or stretch and you know all of these are ways that you divert daily. You divert daily and then you have those periods where you withdraw weekly where you kind of unplug yourself. Unplug yourself from all the electronics and all of the vices. You have to unplugged yourselves and get to nature. Get to nature, get to nature and allow your soul to rest. Allow your soul to rest.

I've been thinking a lot lately, I don't know, maybe last few weeks, I've been thinking a lot lately about. They call him God's seven doctors. And once again, I added once I'm calling it God's eight doctors. Appreciate that brother a lot. As long as you have one witness, you can make it. You don't need but one witness, you don't need but one witness, you can make it with one witness. But here are God's seven doctors as they are commonly known exercise, sunshine, fresh air, water, proper nutrition, number six is rest. So, rest is actually one of God's seven doctors as commonly called. Number seven is commonly known as love. So, those are God's seven doctors that they're commonly known. I added the eighth one which has kind of dawned on me one day, I said laughter. Bible says that a merry heart doeth good like a medicine.

It has to be one of his doctors. Somebody said that if you want an instant vacation, just laugh. Gives you an instant vacation. I read a study on laughter and I'm going to have to come in and teach you because it was so massive. I said, wow, I had no idea that laughter did all of that. But those are God's eight doctors. Say them with me again. Exercise, sunshine, fresh air, water, nutrition, rest, love, and laughter. Those are God's eight doctors and so for the last few weeks, I've been consciously trying to get those eight in every day. Try to get them in every day.

Now, I play a lot of basketball, I use basketball as a recreation. Primarily, I use it for exercise, I just beat people coincidently. That's just a biproduct but I'm really using it not to compete, I'm using it for exercise. I use it for exercise and just the fun activity of exercise, I just happen to beat people in the process. People get beat in the process. But that's not my intent. That's not my

intent. And so, I try to go out and put up hundreds of shots every day, but when I do that, I say to myself, how many of God's doctors can I get in at one time? I'm getting in exercise, I'm getting fresh air, I'm getting sun shine, I'm drinking lots of water and if I'm with somebody, or even by myself, I will laugh and my little girl, she wants to go out for the basketball teams, I've been training her and so I always give her a hug, that's the love. So, I get about six of God's eight doctors at one time. At one shot. So, I just take about an hour every day, I'm able to get my six of God's eight doctors in at one time. Then I go in house, eat some nutrition, a salad or a smoothie or juice, I get heavy nutrition, then I go to bed, get my rest and get all of God's eight doctors in and so I think that's a phenomenal way to try to keep that on your mind every day. How many of God's eight doctors are you getting in every day? How many of God's eight doctors are you getting in every day? AP, if you can put up, this is a little mean pastor and then you posted this one day during the week, but it says that laughter and rest is the best medicine. Laughter and rest is the best medicine. There's nothing that a good laugh and a long rest won't cure. And I like Snoopy.

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A little Woodstock and sleep as a whale. But there's nothing that a good laugh and a long rest won't cure. Well those are two of God's eight doctors. Those are two of God's eight doctors. So, you want to get to rest, then you want to laugh. You want to get to rest, then you want to laugh.

I want to share just a little bit -- I'm really out of time already. Wow. I have an entire sleep study I wanted to get into but I'm out of time, so I'll talk a little bit about it and we will pick up next time and share it. I was studying a particular book and this is a great book. Everyone should read. It's called "Why We Sleep" by Matthew Walker. Why We Sleep by Matthew Walker. He's a foremost sleep scientist and he has discovered and studied the subject matter. He has a sleep center. And so, he revealed some interesting things. Also, if you don't feel like reading the book, he has a TED Talk. You can go to ted.com and you can listen to his TED Talk entitled "Sleep is Your Superpower." Sleep is Your Superpower. And some of the things that he mentioned, this is what happens to your body when you don't get enough sleep. He mentioned these things.

He says that it ages a man by 10 years. If you don't get enough sleep every night, it ages you by 10 years. Specially in your reproductive system. It ages you by 10 years if you don't get seven to eight hours of sleep. He said it reduces your memory and your learning and they did all type of tests. You can't remember, you can't learn as well when you haven't had seven or eight hours of sleep. Here's something interesting. This is probably the most interesting thing I heard. He said, "Twice a year, when the time changes, we're losing our sleep in the spring. When time springs forward, we're losing our sleep." He said, "When that happens, when we lose an hour of sleep, the most startling things happen. The very next day, there is a 24% increase in heart attack following the time change." When we're losing our sleep and time springs forward by one hour -- he said, "Just that one hour of loss, causes heart attacks to increase by 24% the following day." And he said there's a direct correlation.

And he said, "In the fall, when the time rolls back and we gain an hour of sleep, heart attacks the next day are reduced 21%." He said there's a direct correlation to time change. I said, "Wow, that is really fascinating." He said also, the car accidents and suicide rates, they also correlate with that same time change. So, sleep is so powerful.

He talked about when you don't get seven or eight hours of sleep, your killer cells are not as active. And that's why there is an increase of cancer, increase of growth of tumors because your killer cells are not active because you didn't get seven or eight hours of sleep. So, if you're only getting four or five hours, now, they're at limited activities.

So, your killer T-cells, they're like ninjas. And they attack cancer. They attack any infection. So, they are warding out. They are your military inside your body and they fight disease and they fight abnormality. And so, that's your armed forces. But when you don't get seven or eight hours of sleep, your armed forces are not active. They are on sabbatical themselves. And so, there's no one fighting for you and so they say, as the study show, the direct correlation -- tumors increase, cancer increase, et cetera. Because your killer T-cells are not as active as they are when you get seven or eight hours of sleep.

So, I just wanted to share some of those things. Here are some tips to help you sleep. In Proverbs 3:24, it says that, "When thou

liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.” Psalms 127:2 says, “It is vain for you to rise up early and sit up late to eat the bread of sorrows: for so he giveth his beloved sleep.”

And so, sleep is actually a biblical promise. One, I love this translation, the message bible says, “Don’t you know he enjoys giving rest to those he loves?” So, rest is actually a gift from God. God gives us sleep. He gives us sweet sleep, the bible says. I love this one, Jeremiah 31:25, “Our refresh tire bodies. Our restore tire souls.”

So, those are some scriptures. When you can’t sleep at night, meditate on those scriptures. Actually, learn them and confess them. You just say, “Father, I just thank you for giving me a sweet sleep. Thank you, Father, that you’re delighted in giving me sleep. Father, thank you for restoring my body and my soul. Father, I thank you that you give me your beloved sleep.” And so, you confess these scriptures.

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I’ll give them to you again. Proverbs 3:24, Psalms 127:2, Jeremiah 31:25. Learn those scriptures, read them. So, if you can’t sleep, lay there in the bed and confess those scriptures.

I woke up one night, I couldn’t sleep, I just started meditating on a word. And I meditated on the word until I fell asleep. Then I woke up the next morning felt so fresh. So refreshed. If you can’t sleep, start reading your bible and start praying. I guarantee you, the devil will put you to sleep. The devil will put you to sleep. If you can’t sleep, start reading your bible and start praying. I guarantee you, the devil will put you to sleep because he doesn’t want you to build yourself spiritually. He will help you go to sleep. That’s a guaranteed method. It works every time. You want to go to sleep? Pull your bible and say, “I’m just going to read this bible and I’m getting ready to pray.” You’ll be fast asleep before you know it.

Those are some sleep tips. I’m out of time. Stand to your feet. I’m out of time. I’m out of time. I was going to tell you sunlight helps you sleep because sunlight raises your serotonin levels which in turn raises your melatonin that helps you sleep. Chamomile tea helps you to sleep. Chamomile tea, cherries, tart

cherries has melatonin in them. Helps you to sleep. Grapes have melatonin and helps you to sleep. Pistachios, almonds, walnuts, sweet potato -- they say eat two kiwis before you go to bed and you'll sleep like a baby. Bananas has magnesium, potassium -- relaxes the muscles and your nerves, helps you to sleep.

All of these things that are in nature, God has already put in that and give us a rest. And so, we just eat a good variety of rich colors and our fruits and vegetables. You will get all of the sleep aids that you need just out of nature. God gives His beloved sleep. Praise God. Praise God. Let's pray.

Father, we just thank you so much. Thank you for your word, Lord. We honor You and praise You. Thank you for giving us rest. And Lord, we receive rest. We receive your refreshing and your anointing. In Jesus name, we pray, that every heart say, Amen.

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