

pt.3 - Entering His Rest

Sermon Title: **pt.3 - Entering His Rest**

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C. Elijah Bronner: Rest so you can be refreshed, rest so can be renewed. If Jesus needed rest, how much more do we need rest?

Female: You are listening to BrothersoftheWord.com. This is part 3 of the sermon titled, "Entering His Rest" by C. Elijah Bronner. This sermon is number 7844. That's 7844. Listen to thousands of sermons on BrothersoftheWord.com.

(Music Playing: 00:00:21 - 00:00:49)

Female: And now for 7844, Entering His Rest, part 3.

C. Elijah Bronner: Thank you for joining Brothers of the Word because brother, you need the word. We welcome all of you joining us by television and those of you joining us online at BrothersoftheWord.com or Facebook Live, welcome to today's service. Always a wonderful joy and delight to have you to join us. We would like to share just a little humor.

When they would travel together on long trips, the young boy's mother would always tell him to go to sleep so that the trip would be over quicker. And one weekend, the mother and son travel to his grandparent's house several states away and they joined them for church that Sunday. The sermon was very long and his mother looked over to find her son asleep. She nudged him to wake up, "But mom, I'm trying to get this over with quicker" he replied.

Well, we are sharing part 3 of something that we've been looking at entitled "Entering Into His Rest" Entering Into His Rest.

And we've been looking at scripture in Hebrews 4 verse 9, verse 11, verse 13. It's where it simply speaks of, "There remaineth rest to the people of God." The remaineth rest to the people of God" and we who believed in or into that rest and we are to labor the in or into that rest, so we'd be belligerent, we had to be belligerent to enter into that rest.

And so, we've been kind of unpacking this rest here because it's multidimensional rest. It's a multidimensional rest and so we're unpacking it. I believe that a great of it deals with physical rest, because we are a tripart being and God is very interested in our spirit, he's interested in our soul, he's interested in our body. And so, the Apostle Paul even prayed once. He said, "I pray that whole

spirit, soul and body would be preserved blameless.” And so, we are tripart being and so God is not only concerned about our spirits, but He’s also concerned about your soul, that’s your emotions, your mind, your will and your body and your spirit.

So, physical rest is a great part of this rest because when we have rest, we are able to function, we’re able to function more effectively and operate, we’re able to have time to refresh and renew and recover. We talked about how when you’re worn out and tired, it causes all type of problems and we discussed all of those issues that it causes, and you become dis-eased and you can become irritable and so forth.

We talked about how a lack of physical rest can cause you to age prematurely, can cause you to have a weakened immune system, cause you to have cardiovascular problems. And we said that, as a result, you should divert daily, you should withdraw weekly and you should be missing monthly and you shall abandon annually.

Flip over in your Bible if you will to the Gospel of Mark. I want you to see Jesus here getting some rest, Jesus getting some rest here in Mark Chapter 6. Mark Chapter 6 verse 31. Mark Chapter 6 verse 31, I’m going to read it in the NIV version that says, “Then, because so many people were coming and going that they did not even have a chance to eat. He said to them”, this is Jesus speaking “Come with me by yourselves to a quiet place and get some rest.”

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So, notice that -- so, they were busy in ministry, so busy that they didn’t even have time to eat and so Jesus said, “You guys come with me. We’re going to go a quiet place so we can get some rest.” And so, Jesus highlighted the importance of physical rest. He knew that if you rested, then you could be more effective in your work. You work and then you rest, you rest then you work. So, it makes us more aperitive and more effective in what we do when you properly rest -- have been properly rested.

And so, we see Jesus here teaching this principle. This is not the only time we find Jesus coming a part, Jesus is often found sneaking out to the mountains or you see him on the water alike. In fact, when the storm arose and one of the Gospels, the Bible says that Jesus was on a sleep, he was asleep on a pillow. And so,

they had to actually go awake Jesus. So, Jesus was getting his rest, he was getting his rest. He was letting those guys work, but Jesus was down below asleep. So, he was getting his rest. So, Jesus knew how to sleep properly. He knew how to rest and so, we see that if Jesus needed rest, how much more do, we need rest? So, Jesus knew how to rest.

And when they woke him up in the middle of that storm, Jesus was actually upset that they awoke him. He said, "Why you all wake me up? I'm sleeping good." So, Jesus was upset that they've interrupted his sleep and he says, "You guys, use your authority. You use authority. You've seen me long enough. You walked with me long enough, use your authority." And so, he reminds us to use our authority in life, speak the situations, I like that "don't talk about your situations." Jesus, he spoke to his situation, Jesus, spoke to his situation. So, take authority. Everybody say, "Take authority."

So, he reminds us to take authority. He has given us authority in this earth realm, in him, we have authority. So, Jesus taught them how to take authority even over storms, even over winds and even over raging things in your life. A lot of times we've been laying down getting beat up, when all along we should be taken authority. He has given us authority and I believed we're going to be gravely disappointed when we get to heaven and we found out that we had all this authority and we'd never use that in the earth.

And so, Jesus got up and spoke to the wind and say, "You cease your operations, peace! be still." And so, Jesus he uses authority to teach us to use our authority. There's some things you need to take authority over in life. Enough is enough and you have to stand up and you take authority in Jesus name, we have his name, we have his authority, we have his power, in his name, praise God.

And so, you have to learn to come apart before you come a part. You have to come apart before you come a part, or could say it this way, "You have to come apart to keep yourself together." You have to come apart in order to keep yourself together."

Well, let me share some of the keys we gave about physical rest. They did a study on a group of rats. They put them in an office and lock the door and they sent people in to chase the rats around

the office. So, they had a broom and they just chased these rats around the office for a few days. And after the few days, they studied rats and the biological condition of these rats was very interesting, they'd been chase around for a few days. These rats were stressed out, their blood pressure was high, cholesterol was high, they hadn't been sleeping well and they have all type of physical issues and their cortisol levels were high, and all of these things were going on in these little rats.

And so, they were just showing us how we are stress and no wonder they call it, "The rat race." You know, they're chasing us around. Sometimes we feel like we've been chased around in life and it has so many adverse effects. I also remember account, this actually happen in Tacoma, Washington. A dog owner, he got in his car leaving for work one morning and he didn't realize that he slammed the car door shut with the leash still in the door. And he took out driving and that little car was running behind because he had no choice, he was running behind the car and the driver got up about 30 miles an hour and that little dog was running fast as he could, he was of course twirling over and being dragged. Then finally he was waved down by policeman that saw what was going on and was able to save the dog.

And that's the way are sometimes, sometimes we're dragged through life and we're running as fast as we can and we're being turned over and over and running and running and being dragged through life and that's what it feels sometimes.

00:10:06

And so, rest is vitally important. There is a rest that remains for the people of God. We know that this fast-paced world is stressed out, is tensed, but God has reserved something for his people. There remaineth a rest for the people of God. And we have this opportunity to enter into this rest. And so, we've been unpacking rest and I'm starting with physical rest because that's where the rubber meets the road. So, I wanted to be very practical about physical rest.

And so, we've talked about trying to get at least seven or eight hours of sleep at night because that's where rest begins with a good night sleep, begins with a good night sleep. So, you try to get your seven or eight hours of sleep. In fact, as I've been teaching this series, I really been praying. I've been praying for

people to be able to have better sleep. I've been praying for you to have better rest, been praying for you to be less stressed. And so, I just pray that the peace of God would permeate your spirit, and your mind and your body even as you listen to this series, I pray that you will feel the peace of God, the rest of God in your soul, in your body and in your mind.

Here's some of the practical things that we have shared about rest. Number one, take one day at a time. Take one day at a time. Don't try to manage every day at one time. You just take one day at a time. So, often we can be so preoccupied with all that we have to do, all this coming up, all this facing us and we can only face one day. God graces us. He gives us grace for each day. He gives us grace for each day. So, just take one day at a time. Everybody say, "One day at a time." Take one day at a time.

Number two, is enjoy God's creation. Enjoy God's creation. God's glory is all over his creation. His glory is all over his creation. And so, we should take time to enjoy God's creation. There are so much harmony, balance, peace, quiet and rest in God's creation. So, we have to take advantage of God's creation. He built in peace in his creation. And so, whether you go to a mountain or to a stream or river or lake or ocean or whether you just take a walk in your neighborhood, but it's important to get out in the fresh air, in the sunshine, in the quietness of nature and just enjoy God's glory in nature.

Number three is exercise. Exercise. So, exercise is very beneficial for us. I believe exercise even helps you to sleep better because if you are tired, you'll sleep better. So, I believe a good rigorous workout, I think it helps us to sleep better.

Number four, is to breathe deeply. Breathe deeply. Breathe deeply. There's a whole science behind breathing deeply all by itself and so, we're outside, especially just to learn to breathe deeply from your diaphragm. You breathe in, you hold it a few seconds and you let it out slowly.

There's something powerful. Everybody just practice that right now, just breathe in. Take a deep breath. Hold it. And release it. Breathing deeply, it calms the body. It de-stresses us. It signals the brain that everything is okay. And so, deep breathing sends signals and it relaxes the body. Calms you down. They said if you even have anxiety attack, you do deep breathing, it will stop

the anxiety attack. So, it's a way of notifying the body that everything is going to be okay. Take it easy. Take a deep breath. Let it out. So, there's power. But not only -- when you're deep breathing outside, you're also oxygenating the body. So, you're getting oxygen in your body so that the oxygen can flow through your bloodstream and so forth. And so, everybody say, "Breathe deeply. Breathe deeply." That's number four.

Number five, there are some simple things you can do. There's some manmade things such as a sauna, hot tub, steam room, take advantage of those things. I was just recently reading about how the health benefits of saunas and steam rooms and hot tubs. There are some health benefits for the cardiovascular system and for the body. So, it's wonderful benefit. I haven't done much research on it, but they have now, what's the real cold treatment they have where you get in this -- cryotherapy, that's right. Cryotherapy. They have cryotherapies. I understand cryotherapy is supposed to be good for you as well. So, anyway take advantage of all of the manmade inventions that are stress relieving, that help us to rest better.

Number six, play with the animal. Play with a dog, or a little kitten or even a little baby. Play with something. It's hard to be stressed when you're going, "Goo Goo Gaga." Something about that de-stresses the body. Something about that de-stresses the body. So, anytime you can play with a dog or a baby or something, do that.

00:15:09

Number seven is, laugh. Laugh. So, take time to laugh every day. We said laughter is an instant vacation. So, if you don't have the opportunity to go out of town, just laugh. Laughter is an instant vacation. "A day without laughter is a day wasted" Charlie Chaplin said. So, laughter has so many wonderful benefits. I told you, I watched my favorite comedy every evening while I eat my meals. I was watching probably two to three hours last night and when I just laughed for two to three hours, that I felt so good, slept like a baby. So, laughter is so important. Laughter is so important. In fact, when I finish this series on Rest, I'm going to probably going to do two or three more parts on Rest. But when I finish the series on Rest, I want to do a message on a power of laughter because I have so much, I want to share

on that, some things that I read researched on laughter. So, laughter is powerful.

And then number eight, do something fun. Do something fun that helps you to relax, de-stresses, you do something fun. It's different for different people. You have to find out what's fun for you. What's fun for you? So, do something fun.

Number nine, learn to say no. Learn to say no. don't overcommit yourself. Don't overcommit yourself. Learn to simplify your life. Simplify your life. Learn to say no. Don't overcommit yourself. I was talking with a gentleman one time and he gave me his work schedule and he maintained this schedule for over 20 years and had some very, very adverse effects on him. He was extremely grumpy, sour, always complaining, irritable, negative and he was really sick. He actually has a form of cancer. And after he told me his schedule, I understood why, but this was his schedule. He said, he maintained this for over 20 years. He worked every day on one job from 7:00 in the morning to 4:00 p.m. He said, he would get home. He would sleep from 5:00 p.m. to 9:00 p.m. He will go work a second job at 10:00 p.m. and work that job from 10:00 p.m. to 6:00 a.m. He will leave that job at 6:00 a.m. to be at his other job at 7:00 a.m. to 4:00 p.m. He would get home at five, sleep from five to 9:00 p.m. to be back at work at 10:00 p.m. to be from 10:00 p.m. to 6:00 a.m. working that job at the other job at 7:00 a.m. and he did that for over 20 years.

I said, "Oh, my goodness." But it did break his body down and he has been battling cancer and so, but I just noticed that he was very negative. I noticed he was very irritable. I noticed that he was sour and he was sick on top of all of that. And something else why God provided rest for his people. So, when God first gave the command, God was not trying to punish us by giving us a command of rest. God was basically saying to us, to put it in layman's term, God was simply saying, "Rest, so you can be refreshed. Rest, so you can be renewed." That's all the Sabbath is. He just wanted His people to rest. And you know, sometimes we look at it so religiously and so spiritual and they looked at it, it's such a burden. But all God was saying is, "I designed you guys. I made you guys. You have to rest. You have to rest. Rest, so, you can be refreshed. Rest, so you can be renewed."

And that's all the Sabbath day rest is. That's from the heart of God. That's all he was saying. Don't wear yourselves out. You'll

burn yourselves out. You'll wear yourselves out. You have to rest so you can be refreshed. Get a rest so you can be refreshed. So, there remains a rest to the people of God. There remains a rest. So, God shows us how to live in the rhythm of life, the unforced rhythms of life, the grace of life.

And as a wonderful rhythm to it. Here's number 10. Be mindful and enjoy the present moment. Be mindful and enjoy the present moment. Be mindful and enjoy the present moment. AV, if you have the video, I like to show it at this time.

Take a look at this, I love this. I love this little deer. This little video went viral. And when it first came out, over 11 million people looked at right away and the reason maybe short again. It's a short again. Because there's a wonderful message in this. There's a wonderful message in this little deer. This deer is not weary. This deer is not stressed. He's not worried about how he's going to pay his bills. He ain't worried about who's talking about him. He ain't worried about who cheated him. He didn't worry about who lied on him. He's not worried about what he's going to eat. He's not worried by what he's going to wear.

AV, show them one more time.

There are some powerful messages in there, I saw the message. I saw the message. Sometimes we overcomplicate life. Simplify your lives. Get back to the basics. Let all that stuff go, we burden ourselves down. He's not worried about anything. He's enjoying the moment. He's enjoying life. He's enjoying God's goodness. He's not worried about anything. AV show it again.

00:20:10

: There's a powerful message. There's a powerful message. When I saw that, I said, "Man, this little deer is so powerful. This little deer is so powerful." He's enjoying the moment. This moment is a blessing and I believe AV, keep showing it. Show it again.

I believe God allowed this little deer to just do this and to be recorded, just to remind us to be mindful of the moment, to enjoy the blessing of the moment. He's not worried about anything and I believe God showed us that picture. That little deer was so happy. He is so happy. He is so happy. This deer is so happy. He's not worried about anything. Now, this deer was recorded by

Dave Mott in Southern England at Pool Harbor and he was out walking his dog and he recorded that. But I really believe that God sent that picture just to remind us to simplify your lives. Let all the stuff go. Let all the birds, all the anxiety go.

If you can skip, skip. If you can sing, sing. If you can hop, hop. That's how we end up. There's magic in that. There's something about just the simple things in life. We've overcomplicated life with all of this stuff. We're trying to get all this stuff. We're trying to maintain all of these people we're trying to please. Show the deer one more time. He's not worried about anything. He's not worried about who's gossiping about him. He's not worried about anything. He's not stressed out. He's just happy. He is just happy and I think God is saying, "If this deer can be this happy, how much more should my people?" Be enjoying life, be enjoying the moment.

And so, we have to learn to de-stress. We have to learn to simplify life. Forget all of that stuff. Let it all go. Forget all of that stuff and get your wholeness back. Get your soundness back. Get your happiness back. Let it all go. Forget it all. Forget it all, like constantly thank, it always preaches. Having food and (00:22:15) be content. Be content. Let it all go. Simplify life. Sometimes, we add all of this stuff. God never intended for you to carry the cares and the words and anxieties of life. Never did. You're not designed for that. We can be just as free as that little deer.

AV, just show them one more time. There's a powerful message in this. This little deer, this little deer is so happy. He is so happy. He doesn't have a care in the world. He doesn't have a care in the world. He's not worried about anything. He's not worried about anything. Oh man, if we can only be as happy as that little deer. If we could only be as happy as that little deer. Praise God. Praise God. Give the Lord a hand for his word. Give the Lord a hand for that little deer.

What a wonderful picture. What a wonderful picture. What a wonderful picture. Oh man, I really think there's a divine message to us, be as happy and free as that little deer. Be as happy and as free as that little -- he's not worried about anything. He's not worried about where he's going to sleep, what he's going to eat, who's paying the bill, who owe and what, he doesn't care. He's happy and he's free and he's bounding and he is so happy and that's the way we're to live this life. You got to know that

God has, God takes care of me. He provides for you and we are able to rest on that confidence, that knowing that He looks out for us. He loves us. He takes care of us. And we can enjoy life and we can be free and we don't have to be burdened down by all of these stuff that we've allowed society to put on us trying to impress people and carrying all of this stuff in our heart. Now let it all go and learn to enter into His rest. Enter into His rest.

So, I'm going to conclude right there, but I wanted to begin sharing on the physical rest and we will -- maybe the next couple of weeks, we're going to be looking at the rest from worry, which is a rest in his promises, there's a rest in his presence. There's a rest in his love. We're going to be looking at that. But I wanted to begin with the physical rest because so many people, especially in America are fatigued and they're worn out and sleep-deprived and so forth. So, I wanted to start with the physical rest, but there is a rest that remains for the people of God and God wants his people to enter that rest and to enjoy that rest, to live in that rest so we can be just as free and happy as that little deer.

00:25:00

AV, don't get mad at me, but you show it one more time. If we can just be as free and as happy as this little deer. Praise God. Amen. Amen. Amen. Praise God.

Those of you watching us, I want you to go to BrothersoftheWord.com. You can listen to this series in its entirety, "Entering into His Rest" absolutely free of charge. You can also email it to a friend. Well, thank you so much for joining us today at Brothers of the Word because brother, you need the word.

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