

Pt 4 Entering His Rest

Sermon Title: **Pt 4 Entering His Rest**

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C. Elijah Bronner: Praise interrupts worry. So, if you have a worrying, man, just stop and take a praise break.

Female: You are listening to BrothersOfTheWord.com. This is Part 4 of the sermon titled, "Entering His Rest," by C. Elijah Bronner. This sermon is number 7845.

(Music Playing: 00:00:17 - 00:00:29)

And now for 7845, "Entering His Rest Part 4."

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 or online at brothersoftheword.com or Facebook Live. Welcome to today's service. Always a wonderful delight and joy to have you to tune in and join us.

Well, we'd like to share just a little humor. A husband and wife were driving through Nacogdoches, Texas and as they approached Nacogdoches, they started arguing about the pronunciation of the town. They argued back and forth and then they stopped for lunch. At the counter, the husband asked the blonde waitress. He said, "Before we order, could you please settle an argument for us. Would you please pronounce where we are very slowly." She leaned over the counter and said, "Burger King."

Well, we are doing Part 4 entitled, "Entering Into His Rest." "Entering Into His Rest." And we've dealt a lot with the physical rest of the body because that is part of the Sabbath Day rest and we have established that God is concerned about the whole man's spirit, soul, and body and the health of the body affects your mind, that affects your spirit and so it affects your entire life, so God is concerned about our body and so he gave us the Sabbath Day rest so that we can be renewed and we could be refreshed.

And then, there's a part of rest that I want to talk to today which is a rest from worry, so rest from worry. Sometimes we could worry ourselves to an early death, we can worry ourselves then lose out on the enjoyment of life. Some people are professional worriers. They can just worry about anything.

Anybody know anybody like that, you know somebody who is a professional worrier. They can make (00:02:50) but we want to look at some scriptures here dealing with worry.

Flip over if you will to First Peter Chapter 5. First Peter Chapter 5. First Peter Chapter 5 Verse 7. I'm going to read it in the Amplified Bible. First Peter Chapter 5 Verse 7. When you get there, say Amen. First Peter Chapter 5 Verse 7. Notice what it says there, it says, "Casting all your cares." Amplified version says, "Casting all your cares, all your anxieties, all your worries, and all your concern, once and for all on Him for He cares about you with deepest affection, and watches over you very carefully." The Amplified classic edition says, "Casting the whole of your care, all of our anxieties, all of your worries, all your concerns once and for all on him for he cares for you affectionately and cares about you watchfully."

And so, this rest that we're talking about is a place where you're not worried. It's a place where you're not stressed. It's a place where you're not trying to figure everything out and not wondering why something is or isn't happening. It is a place of total trust. It's a place of total trust. So, remember, Hebrews told us in Hebrews Chapter 4, "There remain of the rest for the people of God." And so, a part of this rest is not only for the physical body. There's a rest from anxiety. There's a rest from care. There's a rest from worries. There's a rest from the burdens of life that can plague our minds and plague our souls and cause great anguish of soul.

And so, this is the rest we are talking about here. Notice here that this (00:04:51) is casting the whole of your care. Now, the word care, it comes from a Greek word which is mer'-im-nah. mer'-im-nah from two Greek words miro which means to divide and nous means the mind.

00:05:07

So, care actually means to divide the mind. It means to divide the mind. So, that denotes distractions, it denotes anxieties and burdens and worries and preoccupation about things causing stress. So, notice what First Peter 5:7 instructs us to do it says, "Casting the whole of your care," it says, "All of your care." Everybody say, "All". So, it says, "Casting the whole of your

care,” all your anxieties, all your worries, all your stresses over on Him.

So, notice, he says, “All.” A-L-L, all. All of them. Not a few of them, not some of them, not half of them, not 75% of them. He says cast all your care, all your care over on him. Casting the whole of your care, not a part, not pieces of it, not all of your cares except for your kids. Not all your cares except for your grandkids. No, he says, “Casting the whole of your care,” all of it over on the Lord.

So, when we cast all of our cares, that includes all parts of line, that includes our family, it includes our finances, it includes our job, our health, our future. Sometimes, we can worry about an uncertain future, but we have to remember. even though we have an uncertain future we have with God who has a certain love. He has a certain Grace, and so those things are certain. So, we don't have to worry about an uncertain future.

So, worry stems out of fear and has torment. So, worry is destructive, it's counterproductive in our lives. Someone said that worry is faith in the negative, trust in the unpleasant, it's assurance of disaster and belief and defeat. Worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles. So, worry just robs from us, it steals so much from us. Worry never accomplishes anything, it's a waste of time.

Jesus actually asked a question. He said, “Can you add anything of value to your life by worrying? Can you add anything of value to your life? Does it anything for you?” Jesus asked that question. So, worry weighs us down, it hinders our life and services, steals from life, we're not fully present when we're worrying, we're not fully present.

I saw one gentleman, he was as walking around mumbling to himself and so I knew he wasn't fully present because he was in the state of worry, mumbling to himself. But you know, that that's a same thing that meditation is? Worry is simply meditation in reverse. See, the word meditation means to mutter, so you meditate on God's word, you're muttering to yourself. Worry is the exact opposite of that. So, worry, you're repeating your problems over and over in your mind, that's worry. It's the exact opposite of meditation. So, we should be

meditating on God's Word instead of worrying. Praise interrupts worry.

So, if you're ever worrying, man, just stop and take a praise break. Praise interrupts worry. Prayer interrupts worry. We'll get to the scripture now to show you that, but those things interrupt worry, they interrupt worry.

I learned something from Kenneth Copeland years ago. Kenneth Copeland taught this, he said, "Count to 10 silently on the inside of yourself, just count to 10," then he said, "Right in the middle of your count, say your name out loud and if you do that, what happens to your count, your count stops because your mind will always stop to see which your mouth is saying."

And so, anytime your mind is filled with worry, that's why you have to open your mouth and declare the promises of God, meditate on the Word and it'll stop and so praise interrupts worry, prayer interrupts worry, gratitude interrupts worry. Anytime you worry, just stop worrying and begin giving thanks. It'll stop worrying (00:09:25). And so, these are some keys that we will learn from God's word today on how to overcome worry, but worry chokes our creativity.

There was a woman, she says she had lived long enough and she learned some important truths about life and she said, "I've had a lot of trouble most of which never happened," so, she had learned that most of the things she worried about over her life never occurred. But she had wasted so much of her life. So, worry drains us some energy and strength, takes a toll on us physically. Proverbs Chapter 14 Verse 30 says that, "A heart at peace gives life to the body. A heart at peace gives life to the body."

00:10:06

So, of course, the converse of that is true that a disturbed heart is going to cause trouble in the body. And so, that's why 75% of doctor visits are caused by stress. A good three-fourths of illnesses that people have, that's stress induced, that's stress induced. And so, a heart in peace gives life to the body. A heart at peace gives life at the body. That's why Jesus, He said, "In the world you'll have distresses, but (00:10:37) I've overcome the

world.” In other words, Jesus was saying, “The peace in me is greater than the distresses in the world.”

So, the distresses are in the world but the peace that we have in Christ is greater than the distresses of the world and that’s the rest. That’s the rest that we have. There remain that the rest to the people of God so we can escape the distresses of the world by entering into his rest. And we rest on His promises, we rest in His presence.

Someone said that peace is not the absence of trouble. Peace is the presence of God. So, when we enter into God’s presence, there’s a peace that comes. There’s the calm that calms us so that’s why praise will interrupt worry. Prayer will interrupt worry. Meditating on God’s Word will interrupt worry. Someone said that, “Worry doesn’t take away tomorrow’s troubles. It takes away today’s peace.”

For several years, a woman had been having trouble getting to sleep at night because she feared burglars. And one night, her husband heard a noise in the house. So, he went downstairs to investigate. When he got there, he did find the burglar. “Good evening,” said the husband, “I am pleased to see you. Come upstairs and meet my wife, she’s been waiting 10 years to meet you.” So, worry is faith in the negative. It is trust in the unpleasant. It’s assurance of disaster in this belief in defeat.

There’s an old Irish poem by an unknown author that goes like this, it’s entitled, “Why Worry?” “In life, there are only two things to worry about whether you are well or whether you are sick. Now, if you are well, you have nothing to worry about. And if you are sick, you only have two things to worry about whether you’d get better or whether you’d die. If you get better, you have nothing to worry about. And if you die, you only have two things to worry about, whether you’d go to heaven or whether you’d go to hell. Now, if you go to heaven, you have nothing to worry about. And if you go to hell, you’ll be so busy shaking hands with your friends that you won’t have time to worry.

Now, at the end of that, of course, is not true. That’s not accurate, that’s not accurate. There is no friendship in hell. There is no friendship in hell so that’s just a joke, just a joke. No friendship in hell.

The word worry actually comes from an old Anglo-Saxon word meaning “to strangle or choke.” So that’s literally what the word means. Worry means to strangle or to choke. So, worry chokes the joy out of life. It chokes the joy out of life. Notice in First Peter 5:7, that first verse we looked at, it says, “Casting the whole of your care, all your anxieties, all your troubles over on Him for He cares for you.” So, notice casting. Casting means “to throw” it means, “to throw” and so, you can picture yourself. You know, if I was to throw my car keys out to Suzanne and then you came up and asked me for my car keys, I would have to say, “I don’t have them. I don’t have them, Suzanne has my keys because I’ve already thrown them over to her.”

Well, that’s what we do to our worries. We cast them. We throw them over on the Lord. And so, when the devil tries to bring worrying thoughts to our minds, we can laugh and say, “I don’t have them. I don’t have any worry. I don’t know what you’re talking about. I’ve already thrown that over on the Lord, he has it.” And see, when God is present, He’s a present help in trouble. But if you’re going to worry then you have taken it out of His hand. He’s not a present help in worry, He’s a present help in trouble. Once you’ve cast it over on Him, now, God can operate, God can work. But if you’re still holding it, God can’t work because you’re taking care of it. So, if you’re taking care of it, then you’re God in your own life.

00:15:02

But if you give it over to God, now, God can operate and you can rest. We enter into his rest and that’s the rest of Hebrews is talking about, it doesn’t mean that you’re idle, it doesn’t mean that you’re not working on your goals. Let me say this, you always fight fear with a plan. You always fight fear with a plan. So, you work on things, of course, you strategize. See, worry is a waste of time. So, instead of wasting the time worrying, use that time for creative ideas. Use that time to develop a strategy. Use that time to plan. Use that time to put those things into action. So, you always fight fear with a plan. Everybody say that with me, “You fight fear with a plan. You fight fear with a plan,” but we don’t have the weight, we don’t have the care and the concern, the burden. But we’ve already turned that over to the Lord and so, we are free because we fully trust God.

We trust God. We trust our future with God. We trust our life with God. We trust our troubles with God. Our burdens, we cast it over on Him for He cares for us. He cares for us watchfully and affectionately. Man, if you could just realize the endearment of those two terms. He cares for us watchfully and affectionately. He's watching every detail of your life. He's watching everything that concerns you. Man, I wrote it down somewhere where it really goes into those endearing terms. He cares for us watchfully and affectionately. Let me read it. I believe it was in the original Amplified it kind of breaks it out a little bit.

He cares about you. The reason casting all of your cares, all your anxieties, all your worries and all your concerns once and for all on Him for He cares about you with deepest affection and watches over you very carefully. Ain't that powerful? Man, He watches over you very carefully and He cares about you with the deepest affection. Man, God is crazy about you, God loves you and that's why we can trust Him, that's why we can cast it over on Him. Man, but I was -- I could get three people to say, Amen, right? But God loves us, God loves us, He loves us. He's crazy about us. He's crazy about us.

I like this, listen to this. This is written by David McKenzie. He says, "To act out the principle of turning prayers over to God, we took a paper bag and we wrote God on it and taped it up high on the back of our kitchen door. And as I prayed about matters such as my career, my role as a father, my abilities to be a good husband, I would write down each concern on a piece of paper. Then, those pieces of paper would go in the bag. The rule was, that if you start worrying about a matter of prayer that you've turned over to God, you have to climb up on a chair and fish it out of the bag. I don't want to admit how much time I spent sifting through those scraps of paper.

So, he said, he put a bag on the back of the kitchen door and they wrote God on it and symbolically, whenever he had a worry, or concern, he would write up their prayer and he placed it in that bag that said, "God has a way of turning it over to God," but notice what he was doing, he wouldn't leave it there. He kept going back to the bag fishing for those scraps of paper. (00:18:34) we have to learn to cast it over on the Lord once and for all, leave it there so we don't have it any longer. We don't have that care any longer. God cares for you watchfully and

affectionately. You got to believe that and you got to know that and you got to trust that that he watches you very carefully and very closely.

The hairs on your head are numbered. Very hairs of your head are numbered. He's watching closely. Not even a sparrow can fall to the ground without God knowing about it. One commentary I read about that says, now, we think of that in terms of death that not even a sparrow can die without God's knowledge but I read an interesting comment there that says, "Actually another way of looking at it, not even a sparrow could light on the ground to pick up a crumb of bread without God providing that crumb. So, that's how what's really He cares and how affectionately He cares for us.

Let's look at another scripture. Another Scripture says the same thing. Psalms Chapter 55, Psalms 55. Let's look at this one, Psalms 55 Verse 22. Psalms 55 Verse 22. I read it on an Amplified. It says, "Cast your burden on the Lord." This is an Amplified, "Cast your burden on the Lord and release it and He will sustain and uphold you. He would never allow the righteous to be shaken, slip, fall or fail.

00:20:01

Just cast your burden on the Lord, release it. Cast your burden on the Lord, release it, and He will sustain and uphold you. He will never allow the righteous to be shaken, slip, fall, or fail. So, we released the weight of it to the Lord. The word cast here means, the imagery is that of a camel that's loaded down that has gone to market, and when the camel gets to market, the camel kneels down and it rolls over on the side so that load can be relieved off of his back. Well, that's the imagery. We are to roll off our burdens over on to the Lord. And so, just does that camel kneels, we had to kneel in prayer, and I believe you had to lean to one side symbolically. You saying, "Lord, I'm rolling this off all to you," and you had to get up just as light, and just as free, just rejoicing because you have to cast that over on the Lord.

And I love this. It says, "Cast your burden on the Lord, release it. He will sustain and uphold you. He will never allow the righteous to be shaken, slip, fall, or fail." The word sustained in the Hebrews the word is -- I love this. It's spelled C-N-U-L in

Hebrew, but it's pronounced cool. I like that because I'm a cool guy. But anyway, for the Lord will sustain. That's the word 'cnul'. The Lord will sustain. You'll be cnul. That means -- the word in the Hebrew means "to supply the means necessary for living." God will support, provide, nourish, maintain, defend, protect, hold up. I love that. Repeat that with me. God will support me.

All: God will support me.

C. Elijah Bronner: Provide for me.

All: Provide for me.

C. Elijah Bronner: Nourish me.

All: Nourish me.

C. Elijah Bronner: Maintain me.

All: Maintain me.

C. Elijah Bronner: Defend me.

All: Defend me.

C. Elijah Bronner: Protect me.

All: Protect me.

C. Elijah Bronner: And hold me up.

All: And hold me up.

C. Elijah Bronner: That's the word sustain in the Hebrew. That's why you're so cool. That's what it means. That's why you're so cool because God is holding you up. God is sustaining you. God is nourishing you. God is supplying the means necessary for living. God is supporting you. Praise God. Well, I want to share one last scripture and I'm actually out of time. So, I'm borrowing your time already. But, anyway, I'm just going to share this last scripture and then we're done.

Philippians Chapter 4, Verse 6, Philippians Chapter 4, Verse 6 in the Amplified, it says, “Do not be anxious or worried about anything, but in everything, every circumstance and situation, by prayer and petition, with thanksgiving continue to make your specific request known to God.” So, notice that, “Do not be anxious or worry about anything.” One translation says, “Don’t worry about anything. Pray about everything. Don’t worry about anything. Pray about everything.” So, God gives us the antidote to worry. The antidote to worry is prayer. Don’t worry about anything. Pray about everything.

And so, He gave us three instructions, it says, “Don’t worry.” So, the first instruction is, “Don’t worry.” Second instruction is, “To pray, talk to God, tell Him what you need.” The third instruction is, “To give thanks.” So, don’t worry, pray and then give thanks. Don’t worry, pray and give thanks. That’s the antidote. So, worry gives us that life’s low form and then right there in Philippians Chapter 4. Everybody say, “Don’t worry.”

All: Don’t worry.

C. Elijah Bronner: Pray.

All: Pray.

C. Elijah Bronner: And give thanks.

All: And give thanks.

C. Elijah Bronner: Don’t worry, pray, give thanks. Don’t worry, pray, give thanks. Remember what I said, “Prayer interrupts worry. Gratitude interrupts worry. Praise interrupts worry.” So, that’s why He gives us that formula. Don’t worry, pray and give thanks. Isn’t that good? Oh, man. We’re going to stop right there.

But we’re still talking about answering into His rest, entering into His rest. We are grateful to have this wonderful rest that’s made available to us as God’s people, and I kept looking at this scripture in Hebrews, and it just kept scratching at me and I just knew that. I said, “Man, there’s a light in this rest that the church I believe have overlooked for him to say there remains a rest for the people of God.” He’s almost saying, “There’s a rest that my people have not taken full advantage of. There’s a rest that my people are missing. There’s a rest that says almost like

God is saying, ‘Guys, you all are missing out on the rest here. You don’t have to fall out like the world. You don’t have to have the illnesses of the world. You don’t have to be in the world and stressed out like the world. There is a rest. There is a rest. I have provided a rest.’”

And so, there remains a rest. That was the rest in the old covenant, but the new covenant, rest is that much superior because of Christ. There remains a rest for the people of God, and we didn’t believe enter into that rest. We don’t work to get into that rest and say, “I’m sharing on all the parts of this rest from the physical part to now, the mental part and the spiritual part of that rest.” Praise God.

So, we’ll probably do at least one more part entering into his rest. Praise God, but I just pray that you guys are sleeping better and I pray that you’re more relaxed, and I pray that you’re having more fun in life and you’re livelier and happier and lighter because that’s the life that God wants us to live, to have and to enjoy. Praise God. Those of you watching, I want you to go to BrothersoftheWord.com. You can listen to this entire series absolutely free of charge, and you can also email it to a friend. Thank you so much for joining us today at Brothers of the Word because, brother, you need the word.

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