

MEN'S LIFE BLOOMINGTON & GOD @ WORK

Tuesday, December 10, 2019

Rest in His Grace and Peace

Grace: Ephesians 2:8-9, Psalms 55:22, Matthew 11:28, Hebrews 4:16, Romans 6:14, Romans 11:6,

Peace: John 14:27, 1 Corinthians 1:3, Philippians 4:6-7, Isaiah 32:17, Matthew 11:28

Overview: Rest, what a great thought at this time of year, but who can really do it? We have work to do, projects that need finished, shopping to get done, family to visit, trips to make, the list goes on and on... You feel the pressure, you'll never get everything done and there's no way you can do it all with a happy, positive attitude...Right?? Christ says: "Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

Today let's go to the One who cares for us and "REST" in His Grace & Peace, you'll be glad you did!

What This Lesson Means to Me: Cheryl Cook, Pete Cook, Riley, Nan Con, Jordan overseas, Events, Family

Segment Questions:

- Is it hard for you to accept God's grace? Why?
- What is weighing on your mind today to keep you from His peace? Give an example
- Give an example of where you've seen God's grace in your life recently.
- How can you develop a daily plan to bring peace into your life?
- What is pulling on your spirit in different directions and wearing you out?
- If you could hit replay on yesterday what would you change?

Action Questions:

- What will you do today to move towards His Peace in your life? Example?
- Who can I reach out to today and help with relieving stress from there life?
- How will I hold myself accountable to being at Peace and living in word picture #2?

Prayer: Lord, thank You for Your grace and strength to carry me through this day. I give You my burdens now and rest in knowing You have taken them, and that You are with me. Amen

Introduction:

Close your eyes and visualize what the words I'm saying mean to you, create a word picture for each group of words.

- 1) Warmth, Open Arms, Comfort, Strength, Power, Compassion, Forgiveness, Understanding, Peace, Under Control, Calm, Patience (Grace & Peace)
- 2) Cold, Pushed Away, Struggle, Tragedy, Sickness, Betrayal, Hardship, Anger, Mean, Harsh words, Out of Control, Impatient (Human Nature & Satan)

Which group of words do you live in?

If you're like me, you want to embrace & spend most of your time in the first word picture, unfortunately we find ourselves wasting much of our time in the second. Why is that? Why do we spend the time & energy in a "mindset/heartset" that is unproductive & unhealthy to our self & our family? I think we look at the problem or situation and do what we think is natural: we worry, we fret or we get even. We find ourselves frustrated, impatient, short tempered, selfish, and before we know it we've done something we wish we could take back and do over. That's human nature, not God's nature.

God's option: Trust in Him and receive his Peace, His Peace is perfect for the very situation you're in. He knows what you're facing, the chaos on the outside, the struggle, the sickness, the hardship... Walk with Him in full grace & peace. Do you believe that God's grace is freely given? Did you realize that there's no time or weight limit to your burdens? His strength is limitless. He wants you to know that you can and should live in the first picture every minute of every day. His grace and the fruits of the spirit are free & available

Challenge: For the next two weeks I will visualize (Grace & Peace) every day, I will go to Him first for each thought, decision and situation. I will trust Him, because He knows "everything" that I'm facing today. I will embrace His Peace that passes all my understanding.