

## **Rest is the Remedy**

*Sfg. Bishop C. Shawn Tyson*

### **Luke 8:22-25 KJV**

*[22] Now it came to pass on a certain day, that he went into a ship with his disciples: and he said unto them, Let us go over unto the other side of the lake. And they launched forth. 23] But as they sailed he fell asleep: and there came down a storm of wind on the lake; and they were filled with water, and were in jeopardy. 24] And they came to him, and awoke him, saying, Master, master, we perish. Then he arose, and rebuked the wind and the raging of the water: and they ceased, and there was a calm. 25] And he said unto them, Where is your faith? And they being afraid wondered, saying one to another, What manner of man is this! for he commandeth even the winds and water, and they obey him.*

Active faith being the ability to put into practical application the principles of the Word of God that have been committed to memory, but not yet put in motion in our daily experiences. In is the Holy Spirit's desire to move us to a place in the appropriation of our faith, where we are literally not worried about anything. But true worship must always be based upon our confidence in the changeless nature of God, and not the ever changing variables of our circumstances.

### **Philippians 4:6-7 KJV**

*[6] Be careful {merimnao} for nothing;*

Merimnao=

1. To be anxious.
2. To dwell in fearful anticipation.
3. To anticipate aggravation or frustration

### **1 Chronicles 16:9 KJV**

*[9] Sing unto him, sing psalms unto him, talk ye of all his wondrous works.*

### **Ephesians 5:19 KJV**

*[19] Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;*

## **Luke 6:6-10,12-13 KJV**

[6] And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered. 7] And the scribes and Pharisees watched him, whether he would heal on the sabbath day; that they might find an accusation against him.

- ❖ Some people are not watching you because they admire you. They are watching you because they are looking for the chink in your armor.

## **Luke 6:6-10,12-13 KJV**

[8] But he knew their thoughts, and said to the man which had the withered hand, Rise up, and stand forth in the midst. And he arose and stood forth. 9] Then said Jesus unto them, I will ask you one thing; Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy it ? 10] And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other. [12] And it came to pass in those days, that he went out into a mountain to pray, [and continued all night in prayer} to God. 13] And when it was day, he called unto him his disciples: and of them he chose twelve, whom also he named apostles;

- ❖ PowerPoint: Decisions and discipline determine destiny.

## **Philippians 4:7**

*7]And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

## **II. Rest is the Remedy**

### **Psalms 37:3,5-8,34,37 KJV**

[3] Trust in the Lord , and do good; so shalt thou dwell in the land, and verily thou shalt be fed. 5] Commit thy way unto the Lord ; trust also in him; and he shall bring it to pass. 6] And he shall bring forth thy righteousness as the light, and thy judgment as the noonday. 7] Rest in the Lord , and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. 8] Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. 34] Wait on the Lord , and keep his way, and he shall exalt thee to inherit the land: when the wicked are cut off, thou shalt see it . 37] Mark the perfect man , and behold the upright: for the end of that man is peace.

## **EIGHT ingredients for the spiritual composition of REST.**

### **1. Trust**

#### **Jeremiah 17:7-8 KJV**

*[7] Blessed is the man that trusteth in the Lord , and whose hope the Lord is. [8] For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.*

### **2. Do good to those who are doing evil toward you**

#### **Matthew 5:43-44 KJV**

*[43] Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. [44] But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;*

### **3. Commitment**

#### **Proverbs 16:3 KJV**

*[3] Commit thy works unto the Lord , and thy thoughts shall be established.*

### **4. Patience**

#### **1 Peter 2:20 KJV**

*[20] For what glory is it , if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it , ye take it patiently, this is acceptable with God.*

### **5. Selective Silence**

#### **Isaiah 53:7 KJV**

*[7] He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.*

## 6. Stop the madness

### **Ecclesiastes 7:9 KJV**

*[9] Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.*

## 7. Letting it go

### **Matthew 6:12 KJV**

*[12] And forgive us our debts, as we forgive our debtors.*

## 8. Guard your sightlines

### **Hebrews 12:2 KJV**

*[2] Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*

- ❖ **PowerPoint:** Revelation without application is the most tragic waste of the POWER of the Word of God.

## **Romans 1:16-17 KJV**

*[16] For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek. 17] For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith.*

## “Jesus calms the storm”

### 1. (22-23) The stormy Sea of Galilee.

#### **Luke 8:22-23 KJV**

*[22] Now it came to pass on a certain day, that he went into a ship with his disciples: and he said unto them, Let us go over unto the other side of the lake. And they launched forth. 23] But as they sailed he fell asleep: and there came down a storm of wind on the lake; and they were filled with water, and were in jeopardy.*

- ❖ **PowerPoint:** When things get their very worst you are getting ready to see GOD at his very best.

**Luke 8:24-25 KJV**

*[24] And they came to him, and awoke him, saying, Master, master, we perish. Then he arose, and rebuked the wind and the raging of the water: and they ceased, and there was a calm. 25] And he said unto them, Where is your faith? And they being afraid wondered, saying one to another, What manner of man is this! for he commandeth even the winds and water, and they obey him.*

- ❖ The spirit of fear will make you as afraid of calm as you are afraid of calamity.

**Psalms 89:8-9 KJV**

*[8] O Lord God of hosts, who is a strong Lord like unto thee? or to thy faithfulness round about thee? 9] Thou rulest the raging of the sea: when the waves thereof arise, thou stillest them.*

IMPOSSIBLE, JESUS IS ON BOARD!