

Text: Psalm 62:1-8

Theme: Looking For Rest

October 7, 2018

How many of you have ever looked for something for hours, for days, for even weeks, but, no matter how long you looked, you never found what you were looking for? As we all know, it doesn't happen once or twice in our lifetime; it happens far more often than we like. In today's text, David is looking, searching, desperately trying to find an inner peace, an inner resting place. Although thousands of years later, we, too, are looking and searching for rest.

I. David, in our psalm, makes it clear that God and God alone is our rest. A. How, then, do we find rest in our relationship with Him? 1. We find rest by acknowledging we need rest. When three-year old gets really tired and cranky, what's their typical response? They refuse to admit that they are tired, and, when Mom or Dad are nearly frazzled, they stop fussing for two minutes and they are asleep. Like that three-year old, we need rest, not just a nap, but rest for our souls. To find that rest, we first need to admit that we need it. In Matthew 11, Jesus says, "Come to Me all you who are weary and burdened." That's us. And what does He say, "And I will give you rest." When we acknowledge it, then we will find it.

2. We find rest by believing God is our only source of rest. How many different methods have you tried to find rest, relief from your weariness and stress? We could make a list, but we really don't need a list. What we need is a refocus that lays the solution on the shoulders of the only One who possesses the rest we need. Recall the opening words of the psalm, "My soul finds rest in God alone." As we look for rest, God stands beside us day after day and says, "Here is the rest you need, the rest your soul needs. I don't promise the absence of tiredness, but I do promise rest for your soul, a rest that nothing and no one else can offer."

3. We find rest by acknowledging that He is our Rock. David writes, "He alone is my Rock." Let's take a quick journey to the account of the wise man building on the rock and the foolish man building on the sand. Now, comes the question, "What's the significance of the rock?" When we're standing on the rock, will anything deprive us of spiritual rest? When we are anchored to that Rock, will He allow the devil and all his tricks to destroy our faith? As we look for rest, we look for soul rest, for a kind of rest that we can't quite describe, but we know we need. To find rest for our souls, we cling to our Rock convinced He is our only source for rest.

4. We find rest by escaping to His fortress. Why does the psalmist say, "He is my fortress?" Because inside His fortress is where we find rest. Five hundred plus years ago, Martin Luther found himself inside a physical fortress, a fortress where he wrote those powerful words, "A mighty Fortress is our God." Today, surrounded by expectations that border on the ridiculous, our Fortress says to us, "Come to Me. Come into My presence. Lay all your burdens, concerns, heartaches, restlessness, confusion, weariness, sleepless nights, worrisome moments - lay them all in My fortress and then, after you have given it all to Me, depart in My peace."

5. We find rest by turning to Him for our salvation. Not only does the psalmist describe Him as our Fortress, but he also calls Him "our salvation." Suppose you went to every store in the Mall of America and asked, "Do you sell salvation?" Would you find a single store that answered, "Yes; you will find it in aisle ten on the left?" To find rest, we need to dig and dig in His Word where we find that

indisputable promise of salvation. He's our only option, our only choice. Instead of making right turns and left turns that lead us nowhere, He waits for us to make a "Him turn" that tells our hearts, "Here is my source of salvation, my source of rest."

6. We find rest by fixing our hope on God. "Find rest, O my soul, in God alone; my hope comes from Him." How many times a day do you hope for something? I hope it doesn't rain this weekend. I hope work goes better tomorrow. I hope my kids are all safe. We hope for a lot of things, but those are all things hope, not God hope. To function with God hope, a hope that brings us the rest we need most, we focus our minds on our God of hope as we say, "My hope is built on nothing less than Jesus' blood and righteousness." When we are fixated on God, His hope reminds us and points our hearts toward eternity where we find the rest we need most.

7. We find rest by leaning on our God at all times. "Trust in Him at all times," David writes. How many of you have ever played the trust game where you make a circle and one person stands in the center with their eyes closed and simply falls backwards hoping someone will catch them and pass them off to someone else without letting them hit the floor? It looks easy, but leaning on others is a bit nerve wracking. Even so, God places us in the center with Himself as the only person in the circle and He says, "Lean on Me. Whether you lean to the right or to the left, I will be there. I will never allow you to hit the floor and that's a promise!"

8. We find rest by pouring out our hearts to God. Suppose you filled your watering can to water your plants. If you walked up to each of your plants and did nothing, how many of your plants would get watered? If you take all your concerns, frustrations, exhaustion, and stress to God in your "help me" bucket, will anything happen if your never empty that bucket before Him? Why does the Psalmist say, "Pour out your hearts to Him"? Because he knows that the only way to find rest is to empty ourselves before God, to pour every drop out of our "help me" bucket, set the bucket down, and walk away empty-handed.

9. We find rest by acknowledging that He is our place of refuge. The last words of our text say, "For God is our refuge." How much do you know about refugee camps? Inside you find the poor, the crippled, the weary, the battered, the downtrodden, the tormented, the ridiculed, the forgot. Inside those mental refugee camps, we find ourselves. We are the refugees and to each one of us as refugees, Jesus says, "Come outside the refugee camp. Come to My place of refuge. I will protect. I will strengthen; I will heal. I will bind up your wounds. I will heal you so that you can serve Me with a grateful heart, with a thankful heart, with a heart that has truly found what it needs most - My present and eternal rest."

10. Maybe you recently spent hours looking for something that wasn't where you expected it. Whether you've been there recently or not, remember where to look and where you will always find that much needed rest. Amen.