



---

## **No Wake Zone**

### **Part 1 - Too Much Noise, Not Enough Rest**

Pastor Ted Cunningham

I heard someone say this yesterday and I thought it was perfect. “Without Memorial Day, none of the other holidays would be possible.” If you’ve served in the armed forces, would you please stand so we can thank you for your sacrifice today? Bob Oliver stood for about 1.5 seconds. You could have stood a little longer; we’re grateful.

We know that Memorial Day weekend is a big weekend. We honor our veterans and because it’s the start of summer and we’re going to have a good time this summer, we can’t help but pause and say thank you for the fact we are able to enjoy our time this weekend with friends and family out on the water, having a picnic, in the back yard for a barbeque. However you celebrate, we just hope you have a great time.

We thought we would have a little fun to get things started for the summer at Woodland Hills. We are going to start playing a game. This is a competition between the right and the left. So if you’re a Trump supporter, we need you to move over here and if you’re a democrat, you can just come sit on this front row... I’m just kidding; that’s a joke. Hilary supporters, we have chairs for the two of you down here. That’s a joke; you have to lighten up.

We are going to divide right and left. This is a competition and there will be a prize. Whatever side wins, is going to get a special treat to enjoy the video here in a second. We are going to put ten beach balls on the back row on this side and ten beach balls on the back row on this side. The rules are simple. You can’t stand up. The first side to get all ten beach balls on the stage, wins and gets the treat.

When I say “on your mark, get set, go...” This is well worth the treat. We have the red states and the blue states. You’re going to love the treat; it’s going to make the video worth it and it’s a good start to your summer. Are we ready to go? On your mark, get set, go. Red has it! You get a Popsicle to enjoy with the video.

They’re passing out the Popsicles down. They’re going to be a box per row. Sorry, you should have been on it. We’re just kidding; you can have one too. Can we give one to this side? We believe every child gets a trophy. Whether you win or lose, whether we keep score or not, you get a Popsicle too because we want you to feel good about yourselves. I just have to tell you this is another activity not happening at the Presbyterian Church this morning. This is so worth it.

If you're here and you're wondering if this church gets anything done, we want to help you understand something. We believe fellowship is one of the five purposes of the church. Having fun together is important. There is great value in what we are doing.

The world premiere of the song... The Woodland Hills team.... It is unbelievable that they put this thing together. They wrote an original country song to start off this series. It's going to be available on iTunes later on this week. You can download it onto your phone. The video will be free. It will be posted later on this afternoon. The song was written by Paul Harris. The sound engineer was R.P. Harrell. The producer was Matt Gumm. The executive producer was Katie Gumm and it was filmed and edited by Corey Mitchell. We hope you enjoy No Wake Zone.

[Video Plays]

It's summertime on Table Rock  
I ain't worried 'bout my Monday through Friday job  
The whole family plays on an 'ol rope swing  
While we listen to Chris Stapleton sing  
No shirt no shoes no phone  
No wake zone

It's warmin' up  
Let's hop in the boat  
The only thing that keeps me afloat  
Is tied off in the back of the cove  
With the family

Fireworks and dam tours  
Might drown a fishing lure  
So load up that Yeti cooler  
And come on!

It's summertime on Table Rock  
I ain't worried 'bout my Monday through Friday job  
The whole family plays on an 'ol rope swing  
While we listen to Chris Stapleton sing  
No shirt no shoes no phone  
No wake zone

Throttled back and makin' no wake  
Chillin' like it's Memorial Day  
Anchored outside of the wake  
It's how I refuel my tank  
...on a pontoon

It's summertime on Table Rock  
I ain't worried 'bout my Monday through Friday job

The whole family plays on an 'ol rope swing  
While we listen to Chris Stapleton sing  
No shirt no shoes no phone  
No wake zone

No shirt no shoes no phone  
No wake zone

That song will get stuck in your head. It will be available on iTunes. Do us a favor just so we can get that climbing the country charts. Would you share that this week on your social media? We want to see Paul playing that at the Grand Ole Opry. Help me thank Paul, R.P., Matt and Katie, and Corey for putting that together.

If you don't own a boat, let me give you one of the best quotes to start off the summer. This comes from a professional, Dr. Travis Brawner, M.D. He's a Fellowship of Athletes concerned for sinners. He said this to me last year and I thought it was brilliant. "If you don't own a boat, you can still enjoy Table Rock Lake. The only thing better than owning a boat is having a friend with a boat." So find a friend and get out on the lake. There are really only two rules with going on someone else's boat. Don't bring a dog and don't drink all their beer. Find someone and have a good time this summer because this is the time where we begin to pause, we begin to rest, we begin to take it easy.

### **Physical Rest**

We all understand rest. When we think of the word *rest*, we probably think of physical rest more than anything. We know when we are tired, we know when we need a nap, we know when we need to get the lawn chair out and just relax for a little bit. We get that and we understand how our physical rest is tied to our emotional rest. We get grumpy when we get tired.

### **Emotional Rest**

Some of you understand emotional rest in relationships because you're done with the drama. You're ready for a break from the drama. Raise your hand if you are done with the drama. Come back next Sunday. Next Sunday's message is called Stop Rocking the Boat. We're done with those relationships unnecessarily rocking the boat, so we get emotional rest.

### **Mental Rest**

Do we have any students home from college here today? You get this next one – mental rest. You're done reading. Raise your hand if you're going to take a break from reading this summer. You should; too much reading is not good for you. Take a break from math. Math needs a break. You're not going to use it this summer anyway, just put it away.

### **Spiritual Rest**

So, we understand physical, emotional, mental rest, but today, we want to talk about spiritual rest. We want to talk about your soul. If you're a father... We just sang Good Good Father together as a church. He cares for your soul. He desires for you to have a well-rested soul, a soul that knows how to rest in him.

As we talk about this, you're going to be thinking about people who need this series this summer from drama relationships and from physical stress. Joe spoke last week and the whole time he spoke, I was thinking of Psalm 23 – ***He makes me lie down in green pastures.*** I was thinking about how many of us run so hard at times that the Lord makes us lie down. Your body literally shuts down because of the way you've been running and the pace of your life.

We know two things about people. **People who can't rest aren't fun to be around.** Have you noticed that? People who are always stressed, always going, always working, always running, and then bragging about the fact that they are busy... Just being with them is tiring.

Even more than that, **people who can't rest make me nervous.** You walk on eggshells around them because you're wondering what's really going on. You've been around these people. It's like something is going to break in them soon. How many know what I'm talking about? These are the people that end up in Ryan Pannell's office. You're headed for counseling if you don't learn the value of what we're talking about this summer – finding rest for your soul.

I have pastor friends that when I get around them, they can never calm down. I have to ask them what they are trying to prove. Then the question beyond that is "What are you trying to hide?" A lot of times people who don't know how to rest and are always going and going are masking something. There's a deeper soul issue going on with them that they don't know how to handle.

This whole series is about finding rest in the areas of your life where you need it for the sake of your soul, and for you to be thinking about your soul, not just your body, not just your emotions, not just your mind, but to really be thinking first and foremost about your soul. How is my soul? We want to care for the soul. We want to replenish the soul. We want the soul to relax this summer.

We are going to start where we actually started last summer in Exodus. We are going to look at the longest of the Ten Commandments. Yes, Jesus fulfilled all of the law, but we are still going to see the idea of Sabbath today as we get into Hebrews. This idea of Sabbath... ***"Remember the Sabbath day..."*** Sabbath means rest. To put it another way, remember the rest day. Remember the day where out of seven, you are supposed to take one day. Six days you're going to work and one day you are going to rest. You are going to recharge and you're going to refuel. Here's how we go with it ***"...to keep it holy..."*** to keep this one day out of seven set apart to have a different rhythm, a different pace, a different flow than all the other days.

Six days you shall labor. Let me say this again for those who are struggling in this area. Sometimes I get nervous talking about rest because some of you don't need this series at all. You're very well rested. We need to do a whole series for you on this. Six days you shall labor, but I'm just going to make it a point in this message. You need to start working... and seven days a week, 365 days a year when you have the ability to work... I'm not talking about our retired friends. We're not talking about being slothful; we're talking about recharging in this series.

***"Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God.*** There is a purpose behind the Sabbath and the purpose goes way beyond just your work.

What's amazing to me is this. Think about how this commandment was given and who it was given to. It was given to former slaves. It was given to those who never got a day off. It was given to those who worked seven days a week. It was given to those who worked in bondage for people who didn't care about their bodies, didn't care about their emotions, and didn't care about their souls.

It goes on to say ***"On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns."*** Everybody takes off. Everyone within the gates is going to have a day set apart, a rest day. ***"For in six days the Lord made the heavens and the earth, the sea, and all that is in them..."*** Then he modeled this idea of a rest day. ***"...but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."***

So you and I, not only each week, but in seasons in our life, need to step back and just survey our work, survey our lives, survey our family. Ask the most important question. How am I living? How am I loving? Am I snapping at home? Am I kicking the dog? Am I frustrated all the time? The issue we want to deal with there is your soul. That's what the No Wake series is.

Have you ever been in a no wake zone? I'm not a big fan of no wake zones and that's why... That's L Dock laughing at me back there because I think 10 to 15 an hour is appropriate through a no wake zone. You always have that one guy on the dock. If you've ever been on a boat, you see this. You pull in and if you're going like a mile an hour over the appropriate wake zone speed, there is the one guy on the dock trying to get you to slow down. He's forgotten the purpose of owning a boat on the lake. He's stressed and he wants you to slow down. I kind of feel... I'm going to guard myself from this attitude during this series, but I kind of feel my role and the teaching team's role and the staff's role this summer is to help some of you because you are coming in here and you are so down. Take it easy.

I love this quote by Leonardo Da Vinci. He says, *"Every now and then, go away, have a little relaxation, for when you come back to your work, your judgment will be surer..."*

In other words, the Sabbath idea is if you want to be productive in your six days, if you want your work to make a difference and for it to have impact and for it to produce for you and your family and those within your gates, for you to be productive in those six days, take a day off. It's going to make you a better worker when you come back. He says you're going to be surer.

He says, *"... since to remain constantly at work will cause you to lose power of judgment. Go some distance away because then the work appears smaller and more of it can be taken in at a glance..."* Businessmen like to use the 30,000 feet view terminology. Sometimes, when you are in the details of your work and you are in the grind of your job, stepping back is kind of like getting in the plane or the helicopter and getting above the work a little bit so you can see what's going on. *"... and lack of harmony or proportion is more readily seen."*

This series is about moving out of full throttle. Those of you who are just go, go, go all the time... You're overscheduled, you overspend, you overwork... Whatever you overdo, this series is for you to find a way to replenish your soul because we know full throttle is noisy and exhausting. You have to have a rest.

I think I shared this with you a year or two ago, but we went to a gun range in Phoenix, Arizona, a couple of years ago. It was in Scottsdale, Arizona where the people have money to burn through ammunition. We went in and we were just shooting common handguns and NRA approved stuff and all that. We were enjoying it, but some pretty wacked out people came in... if I can just say that. They were people I would tell Carson not to make eye contact with. Honestly, when you're at a gun range... I was with a former FBI agent and he carried with him wherever he went in there. I asked him "Why can't we just set it down on the table?" He goes "Because I don't know these people."

One guy had a tripod set up and this big long gun. How much money do you have to set there for an hour just firing off round after round. Another guy brought in a gun with the big... What do you call them? The Gatling gun. The Chicago mafia gun. He was just burning through clips. After an hour... I had headgear on, but after an hour, I walked out of there and I was still yelling at the people I was with. Then every little thing that happened like any little thing that was going on, you're just jumpy for a couple of hours.

If you go on a boat, full throttle, for an hour or two in these massive speed boats, it's exhausting. It's fun, but you've got to kind of cut back every now and then. It's noisy and you're screaming at the people in the boat. It's a great feeling when you pull up to the No Wake Zone and you throttle back. It's like a relief. You can open the cooler and crack one open and get the party going. We weren't able to do that while we were going full throttle.

So, we get the noise. Our life is full of this right here – just noise. Part of this series is to help us process through what the noise is that we need to remove. If I can quote another writer and philosopher. He said this. *"Every room, every house, every shade of noise. All of the floors, all of the walls, they all shake with noise. We can't sleep, we can't think, we can't escape the noise. We can't take the noise, so we make more noise. Yeah, we scream. Yeah, we shout until we don't have a voice. In the streets and the crowds. It ain't nothing but noise, drowning out the dreams of this Missouri boy. Just trying to be heard in all this noise."* That's Kenney Chesney. When I hear that song on the radio and Corynn wants me to turn it up. I say, "I think the point of the song is to turn it down." I think this is that song we are supposed to listen to quietly because it's always coming at us in our faces when we're going full throttle.

I was thinking about some of the ways we hear voices. One of the ways we hear voices is with all of the physical fitness and diet fads. Does anybody know what I'm talking about? There is always something new coming out telling you how to get in shape. This time of year, it is big. I've been eating out of control all the way up to April. Then we're coming up on Memorial Day and we should probably get back in bathing suits. That's until you hit 40. You couldn't care less about bathing suit bodies. So, I've got the dad bod and proud of it to 110% of who I am.

You hear, "Start this diet. It's 90 days." So some of you do that. You get that noise in your head and you're going to go at it hard for 90 days. Then it's cutting out all sugar, all bacon and you're only eating biscuits and gravy. I'm only going to have pancakes... I can't keep up with all the diets, all the machines, all the different fitness. I see fitness shops jumping up about a certain way of fitness and I just wonder how long that one is going to last before the next one comes out. The marketing departments behind all the fitness and all the dieting are huge and they are making tons of money.

They realize they can't keep you with one system for long. They don't want to keep you with one system for long. They want to show you a new system so you'll buy into that and have hope in that.

If I can go back to quoting one of our elders, Dr. Travis Brawner... This is a serious one. I love what he says because I'm going to apply it in a second to spiritual noise. He says, *"Short bursts of high effort statistically lead to burn out and regression. We often get distracted by fads that lead us away from focusing on the five basic elements of good health and wellness: eat a healthy diet, exercise, rest, avoid tobacco, and maintain an ideal body weight."* Balanced attention is what I love because we are a purpose driven church. We strive to balance these five purposes of worship, fellowship, discipleship, ministry, and evangelism. *"Balanced attention to these basic elements is the best way to maintain health without letting your life style get consumed by your efforts to do so."*

When I read that quote, I thought how that is the perfect quote for the way most of us approach life. I see it in the church all the time. Maybe you see it as well. It's in this first line *"Short bursts of high effort statistically lead to burn out and regression."* Someone becomes a Christian or they've been a Christian for a while. They show up at Woodland Hills and they get into everything. They want to be in the Bible study. *"I'm going to serve every week."* They are plugged into everything and within six months, I'm looking for that person. They were here and they were fully and quickly engaged in everything, and now they are gone. What happens is they burn out. That's why we did that series *Next Step*. We didn't ask you to take twenty steps in that series; we asked you to take the next step. Take one step; just move forward in a direction that is going to grow your relationship with Christ.

But we get into fads. Not just physically, not just with the diets, but we also have the problem with spiritual noise. Boy, do we deal with this? I think of all the Christian books that have come out. In 2000, we all started praying the prayer of Jabez. Lord, bless me and enlarge my territory. Then, a few years ago, David Platte wrote a book called *Radical* where we were all supposed to sell our houses and buy smaller houses and I'm thinking *Wait a second, we just prayed that the Lord would enlarge our territories. Now we're downsizing*. I get sad for a lot of Christians who read the... *"Okay, what's the latest spiritual trend?" "What's the latest thing that we need to go after?"*

I sat down this week and I just went through my Twitter feed for like 20 minutes. I'm not typically one to scroll through a Twitter feed because scrolling through a Twitter feed drains my soul. It's spiritual noise. Let me give you some examples. I'll start with a business one. YPO, Young President's Organizations. I love these folks. I've been to some of their events. I enjoy being with them, but they put out a lot of these too. *Four Strategies for Grooming a Team of Future Leaders*. So, you have to learn those four strategies.

But now look at how this... Now I'm reading this and I know who I follow as a pastor. One of my professors has a group and this is the next one. I'm going to rattle through these. *Prioritize Depth over Breadth to Fuel Spiritual Growth in your Church*.

Let's look at the next one. This is Carey Nieuwhof; he was here last summer. *Ten strategies that cost zero dollars*. So now, I have to learn the ten strategies to grow the church.

Let's look at the next one. I have to get more engaging with my intro so I have five engaging intro. The first one is popsicles, party balloons, videos. Then the next one is *Seven Insights That Inform You How To Talk About Money*. This is all within just a few minutes on my feed. It's just filling my mind and filling my mind.

Look at the next one. Every Church Leader needs to read these ten awesome leadership lessons from Matthew 10. What?! My mind can't explore all of this and retain it. All it is... As good as the stuff may be, it's noise. And, I just had some of my friends up there and I just said their stuff was noise. I'm not saying they're noise, but I am saying when you just sit there and you take in and take in and take in...

You're like "Well isn't that how we replenish our souls?"

I shared at Kanakuk last night. I did the love jug illustration for the counselors out there. Kanakuk is a very biblical organization because they work the counselors six days a week and they get one 24, so it's very right out of Exodus 20. I told them "You've got to be so intention with your 24 because you are going to be pouring into kids six days a week for ten weeks this summer. On your 24, I'm going to see you at Starbucks scrolling through all your social media. There's nothing wrong with that, but let me just encourage you. Social media is not a filler; it's a drainer. It doesn't fill you up; it depletes you. So go checkup with friends, but please understand if you sit there for hours and hours, it is going to drain your soul and you're going to come back and wonder why right after your 24, a kid says or does the wrong thing and you get frustrated. It's because you've got nothing left."

I'm not even done. I then read this one. *Ten things your pastor won't tell you*. Now I'm hiding things from you. I have to figure out what ten things or deep secrets that I'm keeping from you.

Then I read this last one. *Five unfair expectations on your husband* and I'm thinking that's actually a pretty good one, so I forwarded that one to Amy. Again, all of this is good stuff; it's a lot of content, but do you understand what I'm saying that it drains you? I can't sit down for ten minutes and learn seventy-five new things and think I'm going to have any sort of refreshed soul.

Is the pace of your life, you social media, your children...? Amy and I are processing this as well because we're realizing we are way too plugged in. We think it's good we can be on the go because we can do work all the time, anytime, with these little mobile devices. I'm calling them YouTube devices. I'm trying to come up with dumb names for the phone because it's dumb and I hate the thing because it's draining me. It's not filling me. You're like "But you're able to be so efficient, you're able to be so productive." Really? Is the pace of your life; is the rhythm of your life draining your soul?

Is the pace of this church draining your soul? You don't often hear that question, but I've been to plenty of churches for a weekend where I leave exhausted because I don't think I could handle that 52 weeks a year. I don't think I could handle that constant do this, do this, more, more, new program, new program. Let's get this ministry going, this ministry going. We'll meet you hear this Sunday morning, Sunday night, Wednesday night, and then we're going to follow that up with a revival. Why so much going on? Is it okay to just pause? Is it okay to just rest?

Is your work for God, which if you only solved that part right there... You may be thinking we should just wear ourselves out; we should just completely drain ourselves, but is your work for God draining your soul?

I love what Bill Hybels at Willow Creek says. He said, "I got to a point where I was allowing my work for God to destroy God's work in me." That's a question to ask yourself. For those of you who are doing a lot of good stuff, I'll just remind you. You've read this. If you've been in church for any period of time, you know what Jesus said to the church at Ephesus. It's found in Revelation 2. This is a great resume. When you read this, you're going to think they deserve a round of applause for being such a great church. **2 I know your deeds..** This is Jesus speaking to the church at Ephesus. **...your hard work and your perseverance.** You haven't quit, you're going, and you're staying after it. **I know that you cannot tolerate wicked people, that you have tested those who claim to be apostles but are not, and have found them false.** **3 You have persevered and have endured hardships for my name, and have not grown weary.** It's not just you're work, but you're confronting people. You're making sure the gospel goes out and isn't tainted, isn't watered down, isn't added to or taken away from. Way to go.

But look at what it says in Verse 4. **Yet I hold this against you: You have forsaken the love you had at first.** You should be doing more. That's not what he says. He says, In the midst of all of that, in all of the good stuff that you're doing and the way you're moving forward and moving the gospel forward and the way you do all of that, you have forgotten, you have forsaken, and you've turned your back on the love you had at first. You have forgotten the one that you find rest in. You have forgotten the one that you are doing all of this for. That's the temptation; that's the danger, so here's what we know from Revelation 2. Busy does not mean spiritual. You can go to a church with a really thick bulletin and have a bunch of stuff going on, but it doesn't mean more spiritual.

Some of you are saying, "I know my faith needs a boost this summer, so I better get after it." Let me encourage you. Maybe you're lagging faith or the next step you need to take, the solution to your lagging faith is not try harder, which is what we often move to in the church. We think we need to do more, try harder, get after it. Maybe it's rest more. Maybe it's ceasing from your spiritual labor. You're like, "Well that doesn't make any sense. We just got out of the Next Step series where you told us to take another step and now you're telling us to take two steps back?" No. I'm encouraging you to find your rest in the only one who gives rest.

All of our attempts to grow closer to Christ may be keeping us from resting in him. All the good stuff, all the good books, all the good blogs, all the great content, all the great ministries, all the great opportunities, all the different service projects... It's all good stuff, but maybe that's actually keeping you from turning off the noise and living in silence.

I'm not great with silence. We go to sleep with a sound machine. Does anybody else go to sleep with a sound machine? That's to allow our mind to turn off. Then right as I'm starting to sleep, I hear Amy start tapping on the bed. She's thinking about something. "Quick, let me fall asleep before she shares it with me." I love my wife and it's not that I don't want her talking to me, but when she shares it with me, then my mind starts taking off.

This series is for the restless soul as well. It's for one who has a hard time unplugging and just allowing the noise to go away and sitting in silence. I think it's a discipline. Hebrews 4 tells us it's a discipline. It's the only place in the New Testament where you are going to see this idea of this rest day as it applies to your faith. The writer of Hebrews says, **9 There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God's rest also rests from their works, just as God did from his. 11 Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.** It is so important for those of you who are trying to earn your salvation to listen very carefully to this text.

I've been working with some of you lately who have come from denominations or churches that believe you can make the decision to no longer be saved, that you can make the decision to turn your back on God and no longer be a Christian. I want to start with the premise in this verse: "people of God." There is a spiritual rest for the people of God. For anyone who enters God's rest also rests from their work. So you are ceasing. We get this idea throughout all of the scripture. **For by grace you are saved, through faith that it is not of works, so you can't boast about it.** Meaning your salvation isn't about you and something you can do. Your salvation is about what Jesus did for you. Your salvation is held by Jesus. Jesus secures it. He keeps you; it is not of your works. It says that you would cease, that you would rest from your spiritual works. The maintaining that you're trying to do to maintain a right relationship with God. It doesn't start with the work, it starts with the rest. It starts with resting in him, knowing that he is your source. He's the one who saves you. He is the one that maintains that salvation. That's why when you read the next part, it gets confusion.

In Verse 11, it says **Let us therefore make every effort to enter that rest.** You're going, "Okay, then I need to continue to make efforts to maintain my salvation." That's not what this is talking about. I spoke with someone about two weeks ago who became a Christian at a young age and then she moved away from her faith. She said, "I turned my back on God. At that point, I was not a Christian."

I said, "Well, you made a decision for Christ, you believed that was a decision?"

She said, "And then I walked away. And as I walked away, I was not a believer."

I said, "I disagree." When they share this with me, I can almost pick the denomination they were raised in.

I said, "Here's the problem. You believe that Jesus shared story after story for the purpose of teaching salvation. We call them parables and one of my favorite parables is the parable of the prodigal son. The prodigal son left his dad and went and live with pigs. When he lived with the pigs, he was away from his father, but he still had a father."

She said, "Yeah, but he had to come back to get the blessing."

I go, "This is the key here to be able to separate salvation from the blessing, to be able to understand the difference between the two. When he came back, Dad was still there. When he was with the pigs, he was still the son. He was still a child of the Father. This text is not talking about making every effort to

enter back into salvation. Get up every day and make sure you're working hard and you're going after it so that you'll be approved by God."

Understand what Phillip Yancey said. *"There is nothing you can do to make God love you more and there is nothing you can do to make God love you less."* He loves you; he cares for your soul. Follower of Jesus, he has saved you. You have been sealed. So that no one will perish by following their example of disobedience. It's entering that rest.

I love how the ESV Study Bible puts it. This text is talking about enjoyment. It's speaking of make every effort to constantly go back to the source. Make every effort when you turn off the noise to turn to the source. Make every effort to be reminded of the fact you're established in the presence of God. You've been established. We just have to remind ourselves of this daily. We have to remind ourselves that our work for God is an overflow of the rest.

Do you see how this ties into Exodus 20? If you want to be productive in six days, make sure you're resting in him on that Sabbath. This applies to our salvation. I am established in God. I find my rest in Jesus Christ, the source of my life. Now, when I get up tomorrow and I love my wife and I raise my children and I go to work... When I do all of that, it's called overflow. All of that does not establish me in relationship with God.

For some of you, I hope this series starts off where you go "I'm going to cease trying to achieve my salvation with my spiritual labors." We call that salvation by addition, salvation by subtraction. You're going to start doing a bunch of good stuff and stop doing a bunch of bad stuff and, hopefully, you do it right and in the right balance so God will love you and receive you and establish you in him. That's not how it works. It is faith in Jesus alone... period. And resting in Jesus as the source of your life **to share in the everlasting joy that God entered when he rested on the seventh day.**

Look at what the Psalms 62: 1-2 say. ***My soul finds rest in God alone. My salvation comes from him, not from me. He alone is my rock and my salvation; he is my fortress. I will never be shaken. Yes, my soul finds rest in God. My hope comes from him.***

Jesus said this in Matthew 11. ***Come to me, all you who are weary and burdened and I will give you rest.*** You can cease from it. The additions that have been masking your pain and your hurt from the abuse when you became a victim. You are going to cease from all of that. The trying to prove yourself to me, Jesus said you are going to rest from all of that. That's just not how this works. He says, ***Come to me; I will give you rest. Take my yoke upon you.*** I love this imagery because it's a yoke and a yoke is usually around two animals plowing a field. He says, "Come to me and I'm going with you and you're going to find rest in me." ***Take my yoke upon you and learn from me for I am gentle and humble in heart and you will find rest for your souls.***

Our prayer for this series and our hope for you with this series is that you would begin to say, "Okay, I have a lot of questions and I have a lot going on I want to process. I have a lot I want to figure out. I've been reading a lot. I've been studying a lot. But, okay, I'll take some time over the next few days and

weeks to just rest in the Lord, open my Bible without an agenda, enter into prayer time without a list of a bunch of requests. I'm just going to rest and when it's silent, I'm just going to listen."

My encouragement for many of you is to rest with your arms open in front of you and to pray like this to start off your summer like this. I do this it's subtle in the morning. I learned this from Adrian Rogers, pastor at Bellevue Baptist Church over twenty years ago. It's something so simple and subtle that he said at the end of a message at Liberty University. He said, "Every day, when I get up, on the way to getting ready..." You know that little walk you have from the bed to the bathroom. He says, "I just go like this when as I walk in and I just say 'Lord fill me.'" How simple is that to just say, "Lord, fill me. I want to enter your rest, I want to be fully established and understand how I'm established in you. I want everything I do from the moment I leave this home and from the moment I interact with my wife and children... I want all of that to be overflow from you."

I do this. Sometimes, if I'm having a hard time getting out of bed like this morning... I was exhausted this morning before even getting out of bed. I went "Lord, this has got to come from you today. I'll take care of all the popsicles and balloons; that's simple, but the rest of it all has to come from you, Lord."

I think this is the perfect quote to end this message. Martin Luther's theology friend... I have some of these friends that like to discuss deep theology with me. When they get together, they want to talk about premillennial verses amillennial. Sometimes, you're like "Hey, let's just go get a snack. We don't need to discuss all this. We know what we believe. We've hashed and rehashed this."

Martin Luther's theology friend said to him, "This day, you and I will discuss the governance of the universe."

To which Martin Luther replied, "This day, you and I will go fishing and leave the governance of the universe to God."

Let us go to Table Rock, Taneycomo, or Bull Shoals!

Father, it's in the name of Jesus that we find rest in the true and only source of life. I pray for the one right now who is striving in spiritual labor to try to be established in you that today their soul would find rest in their Savior Jesus Christ. I pray that they would believe in their heart and confess with their mouth, "Lord, I rest in you. I want you to be the Lord of my life; I want you to be my savior. I confess the sin of trying to earn your love. I confess the sin of trying to earn a relationship with you. I confess the sin of trying to establish myself in you and in your presence. I confess the sin of trying to be righteous before you. I understand that it is Jesus and the work of Jesus that has declared me righteous as I have placed faith in him and I have been justified because of Jesus." So, Father, fill us today with the true source of life that everything we do when we leave here today is an overflow of the rest we find in you.

It's in the name of Jesus that everyone agreed and said... Amen.