

## The Blessedness of Rest Series: 3

### When It All Goes Wrong: Resting Through The Trial

#### Mark 4.35-41

(v35) “**On the same day, when evening had come**” - this is a significant phrase for our understand on this lesson about rest. It tells us that something is about to happen on the same day as something else. So what happened earlier in the day that has a significance for their now.

In the early verses of the chapter (earlier that day) Jesus had been teaching His disciples and telling them parables to explain how the kingdom of God functioned and how they were to operate within the realm of the kingdom.

- The Parable of the Sower [and it's explanation] (vs1-20)
- The Parable of the Lamp (vs21-25)
- The Parable of the Scattered Seed (vs26-29)
- The Parable of the Mustard Seed (vs30-32)

What is the main summary of teaching in these parables?

Three of these parables were about seeds –

- **What is the seed?** It is the Word of God. The teaching here is that we use the Word of God by faith.
- **What do you do with the seed?** It needs to be used - the seed needs to be sown in order for it to become productive.
- **How can we sow/scatter the Word of God?** We do this by giving the word a voice – speak it. (Romans 10.8-10; 2 Corinthians 4.13; Hebrews 10.23)

“The Word of God on your lips [*as a Bible believer*] is as powerful as the Word of God on Jesus' lips”

- After a day teaching the multitudes by the seashore, Jesus gave instructions to His disciples to cross over to the other side of the lake.
- After sailing, and travelling a fair distance, a great windstorm arose on the lake.
- This was not just any windstorm – four of the twelve disciples were experienced fishermen. They were used to life at sea, they were used to storms on this lake, storms were part of their daily lives.
- Water was filling the small rowing boat so quickly – the disciples were fearful of drowning, panicking they tried to bail out the water.
- Jesus was asleep in the stern, rear part of the boat
- They woke Him with the words ‘don't you care!’
- Jesus stood up, commanded the wind & waves and rebuked them for their lack of faith

#### How could Jesus rest during this violent storm?

When we go through storms, troubles, trials and testings do we have to run around like a headless chicken or can we follow the example of Jesus and rest?

In Matthew 6.26 Jesus tells us to “[Consider the birds of the air](#)” - the context of this statement was made during a sermon on how to handle worry, fear and the pressures of life. So for a few minutes let us take a look at some birds.

### **Isaiah 40.31**

“[But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.](#)”

- This verse tells us that those who wait on the Lord will mount up with wings like eagles.
  - During flight the eagle stops flapping her wings and soars on the thermals that lift her higher. That's the perfect picture of rest
- Migrating geese have an amazing technique to increase their flying capabilities. They fly in a V formation. When the lead goose gets tired, she drops back to the rear of the formation and rests, while the next goose takes over lead role. The resting goose is carried by the vortex of air produced by the other flying geese. This technique means they can fly longer and further than ever they would on their own.

In a stormy situation many of us continue to flap about, because we think that if we're not flapping we're not in control – that's NOT REST.

**“Rest is being out of control in His control “ (Dot Mitchell).**

All the flapping will not save us, it will just wear us down and tire us out.

- A lot of our praying is pointless flapping of our wings.
- Our salvation and deliverance comes when we rest and trust in Him – being out of control in His control.

Isaiah 30.15-18 (Amp)

“(15) [For thus said the Lord God, the Holy One of Israel: In returning \[to Me\] and resting \[in Me\] you shall be saved; in quietness and in \[trusting\] confidence shall be your strength. But you would not.](#) (16) [And you said, No! We will speed \[our own course\] on horses! Therefore you will speed \[in flight from your enemies\]! You said, We will ride upon swift steeds \[doing our own way\]! Therefore will they who pursue you be swift, \[so swift that\] ..... \(18\) And therefore the Lord \[earnestly\] waits \[expecting, looking, and longing\] to be gracious to you; and therefore He lifts Himself up, that He may have mercy on you and show loving-kindness to you. For the Lord is a God of justice. Blessed \(happy, fortunate, to be envied\) are all those who \[earnestly\] wait for Him, who expect and look and long for Him \[for His victory, His favour, His love, His peace, His joy, and His matchless, unbroken companionship\]!”](#)

**Matthew 23.37** – Jesus uses the picture of a hen gathering her chicks under her wings.

“[“O Jerusalem, Jerusalem, the one who kills the prophets and stones those who are sent to her! How often I wanted to gather your children together, as a hen gathers her chicks under her wings, but you were not willing!”](#)

'You were not willing' - doing it your own way

We can find rest under the shadow of His wings - **Psalm 91.1-2**

“He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the LORD, “*He is my refuge and my fortress; My God, in Him I will trust.*””

'dwells' – literally means 'to sit down, to inhabit, remain'

'abide' – literally means 'to lodge or stop (overnight), to remain' – a place of rest.

**Abraham** learned the secret of rest.

When he faced the ultimate trial of his faith, to offer up Isaac as a sacrifice to God, he rested knowing that God would raise the boy from the dead. Examine his faith declaration in **Genesis 22.5-8**

“And Abraham said to his young men, “Stay here with the donkey; the lad and I will go yonder and worship, and we will come back to you”.....And Abraham said, “My son, God will provide for Himself the lamb for a burnt offering” So the two of them went together”

**Shadrach, Meshach and Abednego** learned the secret of rest.

When threatened with the fiery furnace for refusing to bow to an idol, they answered the king:

“...“O Nebuchadnezzar, we have no need to answer you in this matter. If that is the case, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king”” (**Daniel 3.16-17**)

This is how the disciples should have reacted – Jesus had commanded them to cross to the other side. They should have used their faith and the word of God and like Jesus rested during the storm instead of trying to do it their own way and getting themselves in a state.

**Jesus promised us rest** – Matthew 11.28-29

“Come to Me, all *you* who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.”

He said 'come to Me' – return to Me, wait on Me, rest in Me

If you are weary, burdened, heavy-laden and tired from all the labouring (flapping of the wings, bailing out of the water) – come to Me and you will find REST.

There is a rest for the people of God, there is a place we can weather the storms.

Our flesh and natural man wants to take control of the situation and sort the problems out, the flesh wants to go it's own way, run it's own course but we have to strive to enter that rest.