New Hope For A New Year: Leaning on Jesus For Lasting Change
Rest and Reset – 1/28/18

**Big Idea:** Our souls are heavily affected by the amount of rest we get. We must not look to our own efficiency in our work as our idol, but Christ alone should be our cornerstone.

Question: How are you personally affected by the amount of rest you get?

**Reality Check**
- Physical Warnings
- Mental Warnings
- Emotional Warnings
- Relational Warnings
- Vocational Warnings
- Moral Warnings
- Spiritual Warnings

Where are you really? Two things:

- God knows where you really are.
- God knows the plan, and it does not leave you here.

**The Common Problem**
*“We are creationists living like evolutionists.” – David Murray*

- We are limited creatures – we cannot live as the Creator.
- We are fallen creatures – we want to live as the Creator.

**What are we really saying?**
- I don’t trust God with my work or family.
- I don’t respect how God made me
- I don’t believe that my soul will suffer if my body suffers
- I don’t need to rest in Christ’s work because I have to do my own.
- I don’t need to give up my idols.

**More Naps and Salads**
- The importance of sleep.
  - Matt. 6:25-27
  - Psalms 127:2
  - Psalms 3:5
  - Psalms 4:8
• 1 Cor. 6:9-20
  o The importance of how we view ourselves and how we view Christ.

**Practical Applications**
- Stand up.
- Get more exercise.
- Get advice from people that seem to do it right.
- Have a reasonable goal.
- Baby steps.
- Routine.
- If you forget things, download the app Todoist.
- Actually take time off from work for recreation.
- Build a fence, or flower bed.
- Get an accountability partner.
- Turn your phone on silent when you leave work. It can wait.
- When you get home, give your phone to your spouse if you're married and have a family.
- Set up times to look at social media. Start small with once an hour, then stretch it to once two hours, etc.
- Read more. Actual books, not phones.
  o *The Pursuit of God* by Tozer, or anything on the book cart.
- Organize your life into:
  o Definite do
  o Desire to do
  o Delay to do
  o Don’t do

**Take Away Your Vanity**

- Who is your cornerstone?