

## Just Trust

Pr. Israel - March, 01st

This week's message was about trusting on the Lord. When you trust on the Lord you are able to rest. Rest it is not laziness, it is knowing who God is, who is control and trusting him. Rest needs to be constant because if you trust then you rest. God has rest for his people, but we can miss it when we refuse to trust him.

### Hebrews 4: 9 -11

"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience."

### Entering his rest - v. 9

God's rest is not that time where you are leaving responsibilities, it's living with a different center(God). When God is in control I can rest and we have examples in the Bible about it, such as Creation (Genesis 2:2-3) Elijah (1 Kings) or Jesus asleep in the storm (Mark 4:35-41). We can be tired sometimes because we are trying to carry and do things we are not supposed to.

*What are you carrying that God never asked you to carry?*

### Stop striving to prove yourself - v.10

Rest is when you stop trying to earn what Jesus already gave you. We have examples of people trying to prove themselves. Like, The Pharisee and the tax collector (Luke 18), or Moses (Exodus 33:14). Rest begins when we stop performing and start confessing. Busy hands can hide the restless heart, like Martha's worried and upset heart (Luke 10). When we don't trust God's finished work, we keep working like salvation depends on what we do.  
*In what area are you trying to "prove" yourself right now?*

### Enter rest through faith that obeys - v. 11

Rest is a gift but it requires a real response. You must fight against drift and choose to trust God's purpose for you. Like, Abraham (Genesis 22; Romans 4), The man lowered through the roof (Mark 2) or Peter stepping out of the boat (Matthew 14). Sometimes entering rest means making one brave move towards Jesus. You will not find rest if you don't trust and obey.

*Which area of your life do you need to make a brave move towards trusting in the Lord?*

### Start Talking: Spark Conversation

- 1) When was the last time you sat down and your body rested, but your mind didn't?
- 2) Where do you feel most tired? Body, mind, or soul?

### Start Thinking: Deepen the Thought

- 3) How much do you trust God? That is how much you rest
- 4) Do you believe Jesus' work is enough for you?

### Start Sharing: Open Heart / Share Stories

- 5) What is one clear thing God has already told you to do that you've been delaying?
- 6) Is your "rest problem" really a "trust problem"?

### Start Doing: Commit to Act

- 7) What is one main thing you are worried about? Tell the Lord how you feel and remember the examples of people who felt the same, but had chosen to trust and rest.
- 8) Are you feeling tired in your mind? Think about it and ask yourself if the cause of it, it's pressure, desire for performance or something else. You need to chose to obey and rest.

### Praying.

Heavenly Father,  
Thank you because we can find rest in you. You guide us to trust in You and find rest through this trust and obedience. Help us to recognize the pressure and lies of the world so we can replace them with your truth and guidance. Remind us Lord that we do not need to deserve what you gave us,

we actually never will, so help us to be grateful for it, to believe in it and live by it. Teach us to obey you and to choose to trust you in every area of our lives, so we can truly experience your rest. Please remind us of the importance of rest and help us trust in You completely, Lord, so we can experience the unexplainable peace and rest. Thank you for this gift father.

In Jesus' name we pray, Amen.

**Announcements:**

- Be part of our team - become a volunteer!
- HOP every friday 7pm at Formation Center
- Give your offering through Contribua, so it goes straight to The Way Ministry. Link: <https://contribua.pibcuritiba.org.br/produtos/paginaproduto/135>
- Photo training - March 21st at 2pm. Link: <https://tally.so/r/3xAPyo>
- Election in the church. Member must vote until 07/03 in Central do Membro. Link: <https://central.pibcuritiba.org.br/index.php>