

Wanna Get Away? 3 – 07/24/11

Matthew 11:28-30 - Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to **take a real rest**. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

We must have Rest

1. In our Relationship with God
2. Within Ourselves
3. In our Relationships with Others
4. In any and all Circumstances

It is impossible to gain **REST** – *Within ourselves, in our relationship with others* and *in any and all circumstances* in the absence of having rest in our *relationship with God*

Rest in our Relationship with Others

1. How does my relationship with God impact my relationship with others?
2. How do we find "Rest in Relationships" when both we and the people we relate to are flawed?

How does my relationship with God impact my relationship with others?

When we don't accept that our REST or PEACE with God is given by Grace or unmerited or unearned, we will impose the same on others (Such as I have I give to you).

If you must earn the favor of God and it has become conditional in your life, you will impose the same "treadmill" of UNREST in every relationship in your life.

Marriage

- You will always measure your relationship by a standard that is both unsustainable and impossible.
- You may ask your spouse to bring a REST, PEACE and ACCEPTANCE that only God can provide and thereby place an unsustainable burden on your relationship.
- A no-win marriage.

Children

- You may withhold approval and make your child EARN your love and acceptance. OR
- You may need your child's acceptance so desperately that you fear their rejection and will parent to meet your needs and not theirs. (WHY CAN'T WE BE FRIENDS?)

Friendships

- You will operate from the perspective that your friends don't really care about you. OR
- You will burden your friendships with the responsibility of supplying you with a PEACE, REST and ACCEPTANCE that only God can provide.

How do we find "Rest in Relationships" when both we and the people we relate to are flawed?

- Relationships, perhaps more than any other thing have the power to cause us to live in stress and with negative emotions.
- Who is responsible for your emotional life?
- When God made man, he equipped him with emotion.
- God never intended for your emotion to be the King in your life!

- Satan wants you to *enthroned your emotions*, so that the most important thing in your life is how you feel.
- Satan wants to deceive you to think that the way you feel is beyond your ability to control it and defines your life.
- The moment you assign someone else or something else the power to control your feelings and emotions, at that moment you have become a self identified victim and you are powerless to change, because a victim by definition is without power.
- Move out of a “victim” mentality, into a “victory” mentality.
- If you buy the lie that you cannot be happy unless others do what you want or need them to do, you have just lost any chance of a victorious or restful life.

EMOTIONAL RESPONSIBILITY

Romans 12:18-21 –

18 ***If it is possible, as far as it depends on you, live at peace with everyone.***

19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

20 On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."

21 ***Do not be overcome by evil, but overcome evil with good.***

- Sometimes it isn't "Possible" to live at peace with everyone!
- You can "Be at Peace", even when you can't "Live at Peace" with someone!
- This scripture tells us that we are responsible for actions and attitude.
- When we let others define our actions and attitude, we have been "Overcome by evil".
- When offence or trouble comes in a relationship, negative emotions come in the same package!
- Who is responsible for how I feel and my emotional status?
- Don't let the sin or actions of another person rule the destiny of your life!
- Don't empower forces beyond your control to be responsible for how you feel.
- True adult emotional health begins when we take responsibility for our own feelings.
- I will either choose my attitude or I will be a victim floating upon the very high waves of emotional irresponsibility.

When we justify permitting others to rule our feelings and emotions, we are in essence saying, "**I have earned the right to be this way, because of what others have done to me**".

As a Christian, we aren't defined by "**What Was Done To Us**", but "**What Was done For Us!**"

Yet the way we feel has been largely shaped by "**What Was Done To Us**", not by "**What God Has Done For Us**".