

Easter Sunday 2010: From Stress to Rest

4.04.10; Senior Pastor Ray Wickham

My Future

“Then Jesus said, ‘Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle and you will find rest for your souls.’” Matthew 11:28-29

(Paul) *“When we arrived in Macedonia there was no rest for us. Outside there was conflict from every direction and inside there was fear.”* 2 Corinthians 7:5

WHEN I FEEL STRESSED ABOUT MY FUTURE:

1. R _____ in my past.

“Why am I discouraged? Why so sad? I will put my hope in God! I will praise Him again – my Savior and my God! Now I am deeply discouraged, but I will remember your kindness – from Mount Hermon, the source of the Jordan, from the land of Mount Mizar.” Psalm 42:5-6

2. E _____ of my stress.

“eustress” _____

“Then Jesus said, ‘Let’s get away from the crowds for a while and rest.’ There were so many people coming and going that Jesus and his apostles didn’t even have time to eat.” Mark 6:31

“distress” _____

“So don’t worry about having enough food or drink or clothing. Why be like the pagans who are so deeply concerned about these things. Your heavenly Father already knows all your needs, and He will give you all you need from day to day if you live for Him and make the Kingdom of God your primary concern. So don’t worry about tomorrow, for tomorrow will bring its own worries.” Matthew 6:31-34

3. S _____.

“The eyes of the Lord watch over those who do right, and His ears are open to their prayers. But the Lord turns His face against those who do evil.” 1 Peter 3:12

“Fix your thoughts on what is true and honorable and right and pure and lovely and admirable, think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me. Everything you heard from me and saw me doing. Then the God of peace will be with you.” Philippians 4:8-9

4. T _____ with my future.

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." Jeremiah 29:11

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take." Proverbs 3:5-6

THE APPLICATION ZONE:

"Then the angel spoke to the women, 'Don't be afraid!' he said 'I know you are looking for Jesus, who was crucified. He isn't here! He has been raised from the dead, just as He said would happen.'" Matthew 28:5-6