

Rest in Christ #8- Free to Rest

Mark 2:1–12, 1 Kings 18, 1 Kings 19:1–8, Matt. 5:1–3, Isa 53:4–6, 2 Kings 2:11

Memory Verse -

Psalm 27:1 (NKJV) *“The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?”*

Russian Jack -Ivan Fredericks (1864–1904), known as **Russian Jack** was a goldminer of the Western Australian gold rush in the 1880s. In 1885, while working in the Halls Creek goldmines, their food supply ran dangerously low and they decided to shoot a Kangaroo to help feed them along the track. Jack's friend spotted a kangaroo and decided to chase it on foot. Unfortunately, he tripped and broke a leg. In typical fashion, Jack lifted his injured mate onto his wheelbarrow and pushed him to 100 miles through the Great Sandy Desert to Wyndham, the nearest town with a medical help. Jack told the admiring on-lookers I pushed him over 100 miles (160kms) in that wheelbarrow. The man with the broken leg, in the wheelbarrow remarked dryly: Yes and I'll answer, so far he hasn't missed a single rock.

Healing Rest

Mark 2:1-4 (NKJV) *And again He entered Capernaum after some days, and it was heard that He was in the house. ² Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. ³ Then they came to Him, bringing a paralytic who was carried by four men. ⁴ And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.*

This paralytic had lost all hope of recovery. His disease was the result of a life of sin, and his sufferings were embittered by remorse. He had long before appealed to the Pharisees and doctors, hoping for relief from mental suffering and physical pain. But they coldly pronounced him incurable, and abandoned him to the wrath of God. The Pharisees regarded affliction as an evidence of divine displeasure, and they held themselves aloof from the sick and the needy. Yet often these very ones who exalted themselves as holy were more guilty than the sufferers they condemned. {DA 267.2}

Root Treatment

Mark 2:5–12 (NKJV) *When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.” And some of the scribes were sitting there and reasoning in their hearts, “Why does this Man speak blasphemies like this? Who can forgive sins but God alone?” But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’? But that you may know that the Son of Man has power on earth to forgive sins”—He said to the paralytic, “I say to you, arise, take up your bed, and go to your house.” Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!”*

The Heart of the Problem -

Mark 2:5 *He said to the paralytic, “Son, your sins are forgiven you.”*

To everyone else it looked like his problem was a medical one. Jesus knew it was a spiritual sickness. Jesus addressed his biggest problem first.

What good would it be if he healed his paralysis and not his sin? Whenever we preach, and teach the genuine article we will meet with resistance.

Now, in words that fell like music on the sufferer's ear, the Savior said, "Son, be of good cheer; thy sins be forgiven thee."

The burden of despair rolls from the sick man's soul; the peace of forgiveness rests upon his spirit, and shines out upon his countenance. His physical pain is gone, and his whole being is transformed. The helpless paralytic is healed! the guilty sinner is pardoned!

In simple faith he accepted the words of Jesus as the boon of new life. He urged no further request, but lay in blissful silence, too happy for words. The light of heaven irradiated his countenance, and the people looked with awe upon the scene. The Desire of Ages- pg: 268

Running Away

1 Kings 19:1–6 (NKJV) *And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. ² Then Jezebel sent a messenger to Elijah, saying, “So let the gods do to me, and more also, if I do not make your life as the life of one of*

them by tomorrow about this time.”³ And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there.⁴ But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, Lord, take my life, for I am no better than my fathers!”⁵ Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise and eat.”⁶ Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again.

All day on Carmel's height he had toiled without food. Yet when he guided the chariot of Ahab to the gate of Jezreel, his courage was strong, despite the physical strain under which he had labored.

But a reaction such as frequently follows high faith and glorious success was pressing upon Elijah. He feared that the reformation begun on Carmel might not be lasting; and depression seized him. He had been exalted to Pisgah's top; now he was in the valley. While under the inspiration of the Almighty, he had stood the severest trial of faith; but in this time of discouragement, with Jezebel's threat sounding in his ears, and Satan still apparently prevailing through the plotting of this wicked woman, he lost his hold on God. He had been exalted above measure, and the reaction was tremendous. Forgetting God, Elijah fled on and on, until he found himself in a dreary waste, alone. Utterly wearied, he sat down to rest under a juniper tree. And sitting there, he requested for himself that he might die. "It is enough; now, O Lord," he said, "take away my life; for I am not better than my fathers." A fugitive, far from the dwelling places of men, his spirits crushed by bitter disappointment, he desired never again to look upon the face of man. At last, utterly exhausted, he fell asleep. {PK 161.1}

Too Tired to Run

1 Kings 19:4 (NKJV) *But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, Lord, take my life, for I am no better than my fathers!”*

Jonah 4:3 (NKJV) *Therefore now, O Lord, please take my life from me, for it is better for me to die than to live!*

Job 6:8–9 (NKJV) *“Oh, that I might have my request, That God would grant me the thing that I long for!⁹ That it would please God to crush me, That He would loose His hand and cut me off!*

Numbers 11:15 (NKJV) *If You treat me like this, please kill me here and now—if I have found favor in Your sight—and do not let me see my wretchedness!*”

Jeremiah 20:14 (NKJV) *Cursed be the day in which I was born! Let the day not be blessed in which my mother bore me!*

Rest and More

1 Kings 19:5–8 (NKJV) *Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise and eat.”⁶ Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again.⁷ And the angel of the Lord came back the second time, and touched him, and said, “Arise and eat, because the journey is too great for you.”⁸ So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.*

Exodus 34:28 (NKJV) *So he was there with the Lord forty days and forty nights; he neither ate bread nor drank water. And He wrote on the tablets the words of the covenant, the Ten Commandments.*

Deuteronomy 9:18 (NKJV) *And I fell down before the Lord, as at the first, forty days and forty nights; I neither ate bread nor drank water, because of all your sin which you committed in doing wickedly in the sight of the Lord, to provoke Him to anger.*

Matthew 4:2 (NKJV) *And when He had fasted forty days and forty nights, afterward He was hungry.*

1 Kings 19:11–12 (NKJV) *Then He said, “Go out, and stand on the mountain before the Lord.” And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake;¹² and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice.*

“Keep looking unto Jesus, offering up silent prayers in faith, taking hold of His strength, whether you have any manifest feeling or not. Go right forward as if every prayer offered was lodged in the throne of God and responded to by the One whose promises never fail. Go right along, singing and making melody to God in your hearts, even when depressed by a sense of weight and sadness. I tell you as one who knows, light will come, joy will be ours, and the mists and clouds will be rolled back. And we pass from the oppressive power of the shadow and darkness into the clear sunshine of His presence.”— Selected Messages, 2, pp. 242, 243.