

2 Chronicles 20:17 (NKJV)

¹⁷ You will not *need* to fight in this *battle*. Position yourselves, stand still and see the salvation of the LORD, who is with you, O Judah and Jerusalem!’ Do not fear or be dismayed; tomorrow go out against them, for the LORD *is* with you.”

Our text here tells us that we do not need to fight our own battles, because our battles belong to the Lord, not to us

- We just need to take our position and stand still (*in Praise and Worship*) until our breakthroughs come
- The people of God were determined to seek Him rather than live in fear

Exodus 14:13–15 (NKJV)

¹³ And Moses said to the people, “Do not be afraid. Stand still, and see the salvation of the LORD, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever. ¹⁴ The LORD will fight for you, and you shall hold your peace.” ¹⁵ And the LORD said to Moses, “Why do you cry to Me? Tell the children of Israel to go forward.

Even though Pharaoh let them go he sent his army after them

- There they stood, with the Red Sea on one side and the Egyptian army on the other
- They were ready to return to Egypt because they thought their only other option was to die in the wilderness

Learning to “*Stand Still*” in the midst of adversity is learning to live life from a place of “*Rest*”

Hebrews 4:9–10 (NKJV)

⁹ There remains therefore a rest for the people of God. ¹⁰ For he who has entered His rest has himself also ceased from his works as God *did* from His.

- The Sabbath rest of the Old Testament was only a shadow of the rest we now have available
- *Vines' Greek New Testament Dictionary* says the kind of rest God offers us now, “*is not a ‘rest’ from work but in work*”

When we are enjoying the rest of God, we are not worried, emotionally upset, or willfully trying to take care of our problems in our strength without leaning on God

- Telling God, that we don't know what to do
 - “*ever notice we also tell Him what He should do?*”
- Rest is total satisfaction in Christ

Matthew 11:29 (ESV)

²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

- A Rabbi's yoke was his teaching or doctrine
- The Pharisee's taught that the Ten Commandments provided great restrictions punishable by death
- For Jesus, the law outlined great freedoms that led to real life – **Matthew 12:30-31**

What Did Jesus Teach About the Sabbath?

Mark 2:23–28 (NKJV)

²³ Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. ²⁴ And the Pharisees said to Him, “Look, why do they do what is not lawful on the Sabbath?” ²⁵ But He said to them, “Have you never read what David did when he was in need and hungry, he and those with him: ²⁶ how he went into the house of God *in the days* of Abiathar the high priest, and ate the showbread, which is not lawful to eat except for the priests, and also gave some to those who were with him?” ²⁷ And He said to them, “The Sabbath was made for man, and not man for the Sabbath. ²⁸ Therefore the Son of Man is also Lord of the Sabbath.”

The religious scholars had so constituted what was a burden and what wasn't, that they emphasized increasingly external adherence to the law, rather than cultivating an attitude of submission to God

- It became a source of pride rather than an expression of love for God

The rest that Jesus gives us, is a rest from having to earn our own righteousness, which comes from the law

- He has earned it for us, we need only to enter a finished work and live for Him

Colossians 2:15–17, 19-20, 23 (NKJV)

¹⁵ Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it. ¹⁶ So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, ¹⁷ which are a shadow of things to come, but the substance is of Christ.

¹⁹ and not holding fast to the Head, from whom all the body, nourished and knit together by joints and ligaments, grows with the increase *that is* from God. ²⁰ Therefore, if you died with Christ from the basic principles of the world, why, as *though* living in the world, do you subject yourselves to regulations ²³ These things indeed have an appearance of wisdom in self-imposed religion, *false* humility, and neglect of the body, *but are* of no value against the indulgence of the flesh.

- Substance – body – Jesus fulfilled all of the Law
- *These regulations and false humility have no benefit, spiritually – it may only feed your fleshy indulgences*
- Being part of a body of believers is how spiritual nourishment comes – **Ephesians 4:16**
- Even though a physical rest can be beneficial it will not automatically bring rest to your mind and emotions
- This is the rest that Jesus gives us
- We need to learn how to rest internally

The more we can develop and maintain the type of rest Jesus offers us, the easier life becomes and the more we release God to fight our battles

You can lay in bed or sit on a beach all day long, and still worry, trying to figure out solutions to your problems or endeavoring to fix situations that are not our responsibility, we will not find internal rest

Hebrews 4:11 (ESV)

¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

To “*strive to enter*” indicates that we may have to learn some new lessons, change some of our ways, and make an effort to do some things differently

Worry

If we truly believe that our battle belongs to the Lord, we must remain peaceful

- The longer we worry, the longer we delay the help God wants to give us
- Worry can also cause plenty of physical symptoms as well
- We need to learn to deal with our lives as they are, not as we would like them to be
- The same is true with learning to love others as they are, not as we wish they would be
- We cannot base our joy and peace on our circumstances

1 Corinthians 7:27–35 (NKJV)

²⁷ Are you bound to a wife? Do not seek to be loosed. Are you loosed from a wife? Do not seek a wife. ²⁸ But even if you do marry, you have not sinned; and if a virgin marries, she has not sinned. Nevertheless such will have trouble in the flesh, but I would spare you. ²⁹ But this I say, brethren, the time *is* short, so that from now on even those who have wives should be as though they had none, ³⁰ those who weep as though they did not weep, those who rejoice as though they did not rejoice, those who buy as though they did not possess, ³¹ and those who use this world as not misusing *it*. For the form of this world is passing away. ³² But I want you to be without care. He who is unmarried cares for the things of the Lord—how he may please the Lord. ³³ But he who is married cares about the things of the world—how he may please *his* wife. ³⁴ There is a difference between a wife and a virgin. The unmarried woman cares about the things of the Lord, that she may be holy both in body and in spirit. But she who is married cares about the things of the world—how she may please *her* husband. ³⁵ And this I say for your own profit, not that I may put a leash on you, but for what is proper, and that you may serve the Lord without distraction.

- I believe that Paul was urging them to live life free of all distractions and learn to serve Christ
- In doing so we will serve others well
- When we live this way, God goes to work on the things we cannot change
- If you can't change it, cast it – **1 Peter 5:7**

False Sense of Responsibility

Some people live this way, feeling they are responsible for things which they are not

- Continually trying to “*fix*” things for other people or thinking about how they could do things better than them
- You should be saving your emotional strength and energy for your own problems

Anything God wants us to do will work, and we can do it peacefully

- One sign you may not be in your lane of responsibility, is when you don't have the fruit of peace present
– **Isaiah 55:12**
- That is a sign we are probably trying to do something that is not ours to do

Anxiety

There is no reason to be anxious about the future, because it isn't here yet, and we have no guarantee that it will be

- We may need to make certain plans and preparations for the future, but being anxious about them is useless
- You can lose a great deal of life spending the present living in the past or worrying about the future

God will fight our battle over past mistakes and make them work out for good if we will release them to Him

Matthew 6:34 (NKJV)

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

- None of us know how long we have to live or what challenges tomorrow may bring
- Yes, we should believe for long healthy lives, but how long we live is up to God
- We can do some foolish things to shorten our lives but only God can lengthen them

No matter how much time we have, we should maximize it by enjoying it, and holding onto our peace

- This will only happen when we learn what we can do and trust God with what we cannot do

Matthew 6:30–33 (NKJV)

³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith? ³¹ “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’” ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

God Always Gives Us the Victory

Psalm 34:19 AMP

¹⁹ Many hardships *and* perplexing circumstances confront the righteous, But the LORD rescues him from them all.

Yes, we can go through many difficulties in life, but we can take comfort in God's promise to give us the victory

– 1 Corinthians 15:57

- God does not author our suffering
- He delivers us when we trust and obey Him
- The Devil is a liar, and the father of lies – John 8:44

Satan provokes times of pain and misery in our lives and wants to use them to discourage us and draw us away from God

- He will attempt to make us think God doesn't love us
- Especially if the suffering lasts a long time

Satan will try to make us think we have sinned in some way, so God must be punishing us through our suffering

It is true that hidden sin can open a door for the devil to wreak havoc in our lives, but is not always the case

Nowhere does God's word promise us a life free of trouble

John 16:33 (NKJV)

³³ These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

Romans 8:28 (NKJV)

²⁸ And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.

- Focusing on God's promises in the midst of suffering will keep you from becoming discouraged
- When you are suffering remember that it will come to an end
- You are passing through something and it can make you stronger if you allow it to do so
- Suffering is a good time to exercise your faith and trust in God
- Don't spend too much time trying to figure out why you are going through something
- Remember you are "*going through*" – you will come out on the other end
- You are not alone in your suffering
- God is with you!

Isaiah 43:2 (NKJV)

² When you pass through the waters, I *will be* with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you.

Discouragement is one of the devil's goals. He wants us to feel downcast in our emotions; he wants our thoughts to become negative and spiral downward; and he wants us to lose our hope

- Even our posture can be affected
- It can get down
- When we are discouraged we hang our heads and drag ourselves through life

Hebrews 12:12–13 (NKJV)

¹² Therefore strengthen the hands which hang down, and the feeble knees, ¹³ and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.

If you want to accomplish great things in life you must always face discouragement head on and move past it courageously

- Our problems often begin with disappointment
- If we dwell on disappointment long enough we become discouraged
- Then we move from discouragement to depression or even despair
- When we live with an attitude of despair we can be tempted to give up
- We start to believe that our trouble will never end and that there is no way out

Jesus ascended to the right hand of the Father and sent the Holy Spirit to be our encourager and comforter – **John 14:26; 15:26**

- He is with us to help us, counsel us, and comfort us
- He may encourage us directly or through another person
- God has an antidote for every evil
- The devil discourages, God encourages
- The devil tries to destroy, God restores, renews, and rebuilds
- The devil is a liar, but God is truth

When the people were talking of stoning David, he encouraged himself in the Lord – **1 Samuel 30:6**

- Remember God's promises to heal and deliver
- Recall and bring to mind the times God has been faithful in the past

Sometimes you need to talk to yourself

Psalm 42:5–6 (NKJV)

⁵ Why are you cast down, O my soul? And *why* are you disquieted within me? Hope in God, for I shall yet praise Him *For* the help of His countenance. ⁶ O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan, And from the heights of Hermon, From the Hill Mizar.

- Perhaps David didn't feel like praising, but he chose to do it
- You can talk yourself in or out of a bad mood

The devil is persistent, and we need to be persistent if we are going to see the victory

- Don't pay too much attention to every feeling you have
- Don't dwell on it and become discouraged
- Don't allow it to become the largest thing in your life
- It will only become bigger and bigger
- That pain in your toe, that headache, or disappointment about the promotion you didn't get
- Turn it over to God and let Him fight and win the battle

God knows our frame so don't allow yourself to think too much on your faults and weaknesses – **Psalm 103:14**

- He knew about our weaknesses before we did
- Yes, we should examine ourselves, but the devil will always drive you to extremes
- To refuse to recognize our faults is dangerous, but focusing on them too much is also dangerous

The fact that God fights our battles doesn't mean we never get wounded

- Wounds will heal, and we won't have scars
- We will be stronger in our faith and be able to endure more the next time the enemy attacks
- Enduring simply means to outlast the devil
- Jesus is the "*Author and Source*" of our salvation
– **Hebrews 5:8-9**