

# WITHOUT A CARE IN THE WORLD

## PART 1 LIVING IN HIS REST

Matthew 11:28 NKJV **SLIDE**

*Come to Me **all you who labour and are heavy laden** and I will give you rest.*

**THIS IS NOT A CALL TO HAPPY PEOPLE WHO ARE AT EASE ...**  
*Not those sunning themselves beside the pool at some resort ...*

**THIS IS NOT A CALL TO**  
*People who have a care-free lifestyle ... who never have their feathers ruffled.*

**THIS IS A CALL TO PEOPLE WHO ARE WEARY & HEAVY LADEN.**

'are weary' (*kopiōntes*)

**Verb** - to feel fatigue; those who have been working hard ... worn out!

'heavy laden' (*pephortismenoi*)

**Verb** - to be loaded up, to be burdened. To be overburdened with ceremony.

*This is a call to **ALL** people **FROM ALL WALKS OF LIFE** –  
**Blue collar and white collar workers / the poor and the rich ...**  
**Males, females and children / young and old ...**  
**All who are worn-out, burdened or have a problem with anxiety.***

**THIS CALL APPLIES TO ...**

1. **SLIDE** **All those** who are physically worn out trying to make ends meet

2. **SLIDE** **All** who are religiously burdened trying to keep the law

Luke 11:46 BSB

Woe to you ... experts in the law! ... You weigh men down with heavy burdens ...

**THESE ARE LEGALISTS CONDEMNING PEOPLE TO SERVE GOD UNDER THE LAW.**

**PEOPLE FEELING CONSTANTLY CONDEMNED FOR FAILING!**

**PEOPLE TRYING TO LIVE UP TO MORAL STANDARDS WHEN THEIR FLESH KEEPS PULLING THEM IN A DIFFERENT DIRECTION ... **CREATING TENSION****

*'PRECIOUS ANGEL' - Bob Dylan*

*'Sister, lemme tell you about a vision that I saw -  
You were drawing water for your husband, **you were suffering  
under the law.**'*

3. **SLIDE** All who are mentally and emotionally stressed and anxious.

*There are many Types of Anxiety disorders: PTSD / Agoraphobia / Claustrophobia / Social anxiety ...*

***Illness anxiety disorder**, sometimes called hypochondriasis or **health anxiety**, is **worrying excessively** that you are, or may become, seriously ill.*

Anxiety is the most common mental health condition in Australia. On average, one in three women and one in five men will experience debilitating anxiety at some stage in their life. In a 12-month period, **over two million Australians experience anxiety.**

If there is anything relevant for today ... it is this.

THESE ARE THE ONES TO WHOM JESUS CALLS ...

The weak and weary / the burdened / the distressed / the tired / the worn out!

People DRIVEN by Ambition to achieve ... JESUS CALLS TO YOU!

SOME OF US ARE SO EMOTIONALLY UPTIGHT & STRESSED – AND WE DON'T EVEN KNOW IT ...

'LEISURE' - W H Davies

**SLIDE** *What is this life if, full of care  
We have no time to stand and stare.  
**No time** to stand beneath the boughs  
And stare as long as sheep or cows.  
**No time** to see, when woods we pass,  
Where squirrels hide their nuts in grass.  
**No time** to see, in broad daylight,  
Streams full of stars, like skies at night.  
**No time** to turn at Beauty's glance,  
And watch her feet, how they can dance.*

*No time to wait till her mouth can  
Enrich that smile her eyes began.*

**SLIDE** *A poor life this if, full of care,  
We have no time to stand and stare.*

WHAT IS THE ANSWER IN SUCH AN UNSETTLED WORLD ...

Matthew 11:28 **SLIDE**

*Come to **Me** all you who labour and are heavy laden and I will  
give you rest.*

**JESUS IS THE ANSWER ... NOT SOME FORMULA!**

**NOT MEDITATING ... NOT TRANQUILIZERS ... NOT READING & QUOTING  
SCRIPTURE ... NOT PRAYING ENDLESS PRAYERS**

**NB: GOD DOESN'T OFFER A PRINCIPLE FOR GETTING RID OF STRESS  
... GOD OFFERS US A PERSON – JESUS OFFERS HIMSELF!**

**HOW DOES JESUS DO THIS?**

Matthew 11:28 **SLIDE**

*Come to Me, all you who labour and are heavy laden and **I will give  
you rest.***

*'I will give you rest' = (anapausō) to repose, to be exempt, to refresh.*

**N.B. 'Rest' is not a noun but a Verb!**

**It Literally Means: 'I WILL REST YOU'**

**This is not something Jesus gives us but something He does to us.**

**NB: 'You' is singular ... It is His Personal ministry to EACH ONE OF US  
AS INDIVIDUALS**

**HE PERSONALLY MINISTERS TO EACH ONE OF US INDIVIDUALLY.**

**This is not, *'one size fits all'*.**

**Each person's need is unique ...**

**And Jesus *'rests you'* in your need.**

**It's as though He massages rest into your soul.**

**HOW DOES JESUS DO THIS TO US?**

**❖ HE 'RESTS US' WHEN WE ARE IN FELLOWSHIP WITH HIM**

Jesus' very presence dissolves all anxiety and stress.

John 16:33 **SLIDE** Berean Literal Bible

*I have spoken these things to you so that **in Me you may have peace**. In the world you have tribulation. But take courage; I have overcome the world.*

**THIS IS A SEPARATE PLACE OF PEACE IN THE MIDST OF A TROUBLED  
WORLD**

*This is The Peace **OF** God ...*

*This peace is tangible ...*

*We experience this peace from simply being in fellowship with  
Jesus*

**JESUS IS THE PRINCE OF PEACE & PEACE EMANATES FROM HIM**

This peace floods our soul with all its anxiety ... its doubts and fears.

It dissolves distress ...

*This is peace that passes all understanding (Phil 4:7)*

**It overwhelms and overcomes our soul!**

**SLIDE** **PEACE IN THE MIDST OF THE STORM** BY Jack E Dawson

*This won a PAINTING COMPETITION OF A PORTRAYAL OF 'PEACE' 1996  
2<sup>nd</sup> prize was a beautiful calm lake ... still mountain background under blue  
skies.*

*But this painting shows a tempest. Raging waves ... storm clouds ...*

*And **in the cliff-face there is cleft in the rock and in that cleft there is a little  
bird with its eyes closed ... resting in peace ...***

**WE ARE AT PEACE, SAFE IN THE CLEFT OF THE ROCK**

*In me you will have peace ... In The World you will have tribulation.  
[John 16:33 ]*

THERE IS ANOTHER STORY – not so well known – about a bird that fell in a storm.

*One day, the hymn writer, Charles Wesley was praying by an open window when a storm blew over. He then noticed a small bird caught in the storm, struggling to fly, when, out of energy, it fell down through the open window right into his lap.*

*Charles Wesley then penned the hymn, 'Jesus Lover of my Soul'.*

## SLIDE

*Jesus, lover of my soul  
Let me to thy bosom fly  
While the nearer waters roll  
While the tempest still is high  
Hide me, O my Saviour, hide  
Till the storm of life is past  
Safe into the haven guide  
O receive my soul at last*

## SLIDE

*Other refuge have I none  
Hangs my helpless soul on Thee  
Leave, ah leave me not alone  
Still support and comfort me  
All my trust on thee is stayed  
All my help from thee I bring  
Cover my defenceless head  
With the shadow of thy wing*

**GOD OFTEN WAITS FOR US TO CRASH ... TO COME TO A PLACE OF UTTER HELPLESSNESS ... WHERE OUR SOLUTIONS HAVE ALL DRIED UP ... OUR STRENGTH HAS WITHERED ...**

The storms of life ... the tragedies ... begin to wash over us ... and we settle into His arms of love as **He 'rests us'**.

*A few years ago my business failed. I had about a \$40,000 tax debt ... credit card debt ... and all my clients had left me. I didn't know what to do or where to turn ...*

*Formerly I was always resilient and could bounce back ... But at this point I had no inspiration ... I had no strength ... and for the first time in decades **I had to give up.***

*I became depressed ... inwardly anxious ...*

**BUT THERE IN THAT PLACE, I FOUND HIM AGAIN AS MY PRINCE OF PEACE. HE RESTED ME & PEACE LED ME HIS-WAY BACK INTO MINISTRY**

❖ **HE 'RESTS US' BY A SPECIFIC WORD FOR US**

Isaiah 50:4 NKJV **SLIDE**

*The Lord God has given Me the tongue of the learned, that I should know how to speak **a word in season to [the one] who is weary.***

*The very thing that has been troubling you ... unanswered questions ... **HE GIVES YOU HIS WORD ABOUT.***

*A person shared with me a few weeks ago that the message I had shared hit home and they understood why certain seemingly bad things had happened to them ... They accepted God's wisdom .*

**BUT WE MUST COME TO HIM ...**

Matthew 11:28 **SLIDE**

***Come** to Me all you who labour and are heavy laden and I will give you rest.*

*He has already invited you to 'Come to Him'.*

***HE WANTS YOU TO COME ...***

*We don't have to do anything except **TURN ...***

*He has been waiting for a long time for you to respond.*

- ❖ Perhaps you need to separate yourself from people around you. Enter your closet and shut the door ... have a **PRIVATE TIME.**
- ❖ Perhaps you need to draw aside from your own busyness ...

**HE IS THE ANSWER TO YOUR ANXIETY BUT YOU MUST COME!**

## **COME & CAST**

1 Peter 5:7 NIV **SLIDE**

*Cast all your anxiety on Him, because He cares for you.*

The play of words in the NKJV [*'Casting all your **care** upon Him, for He **cares** for you'*] is not in the original, where the two words for "care" are quite different.

NB: **JESUS CARES** THAT YOU WHO ARE BOUND UP WITH THE CARES OF THE WORLD. **JESUS IS AWARE** OF YOUR BURDENS.

**NB:** The only other time this word 'Cast' is used is in Luke 19:35 when the disciples 'cast' their cloaks onto the donkey that Jesus then rode into Jerusalem toward The Cross.

*This is quite symbolic: It is as if Jesus is The Beast of our burdens and we are told to cast out burdens and anxiety-coats onto Him ...*

Cast: (epiripsantes) To throw upon ... **This anxiety cloak** that has been placed on our back by the world ... cast it off onto Jesus ...

Philippians 4:6-7 NKJV & NIV

*Be anxious for nothing ... **let your requests be made known to God** (Pour out your concern to God) <sup>7</sup>And the PEACE OF GOD which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**Hymn:** *Are we weak & heavy laden, cumbered with a load of care?  
Precious Saviour, still our refuge, **take it to the Lord** in prayer  
I would rather say, 'Tell it to The Lord in Fellowship'*

**THE POWER OF HIS PEACE TO OVERCOME OUTWARD TURMOIL**

Mark 4:39 **SLIDE**

*Then He arose and rebuked the wind, and said to the sea, "**Peace, be still!**" And the wind ceased and **there was a great calm.***

**JESUS DEMONSTRATED THE POWER OF PEACE PERSONALLY**  
*He was asleep in the storm ... **undisturbed by outer circumstances.**  
He was **without a care in the world** ... and the world didn't change that.*

*His inner peace stabilised Him in the midst of instability.*

**JESUS DEMONSTRATED THE POWER OF PEACE PUBLICLY**

***Jesus spoke out His peace.***

*It emanated from Him ... and His peace brought calm to the tumultuous circumstances.*

*His Inner peace overwhelmed the circumstance and brought peace ... and calmed The Storm*

**JESUS WAS CALM AND MADE THE CIRCUMSTANCES CALM WITH HIS CALM**

**SO HE WILL DO FOR YOU IF YOU ABIDE IN HIS PEACE.**