

.RESET Silence and Rest

1. Welcome: how is everyone doing?
2. Introduce myself: as the Families Connections Pastor here at Cornerstone, I'm excited for the opportunity to speak today.
 - Before we jump in....I'd like to fill you in on what the CK kids are learning about
 - Today, We're in the you version Bible app
 - Go to more and then events and find cornerstone
 - Open in prayer
3. The last 2 weeks, Jeret has been preaching on our series RESET
 - In the start of our series he discussed: Margin
 - Last week, we looked at: we have limits, we have motivations, we have setbacks, we have to cut back
4. Today we are going to look at a few things that should be a priority in our lives and in our walk with Christ.
 - The first few things we will look at today are **silence** and **solitude. I want to start us off by asking.....**
 - **How often are you in complete silence? Because in real life reality.....**
 - It can be difficult to understand and apply silence and solitude in today's times because we are extremely busy, there are people and things around us constantly and that our....
 - Culture today is noisy
 - A lot of times we don't have a choice about noise
 - Everywhere we go we experience noise
 - Sometimes we do have a choice and most likely we make it noisier
 - We are in a **culture that conditions us to be comfortable with noise and crowds** and we can easily be on edge with silence.
 - Noise is a distraction

- Noise sometimes creates an escape from other things in our lives and that they all differ from people to people(finances, jobs, people)
 - White noise is intended to drown other noises out
 - Poore House STORY:
 - We have an addiction to noise. Silence is rare in our society as our lives are always filled with background noise
- In our culture today, we have lost the necessity of these practices for our spiritual lives. We have simply become **uncomfortable** with silence and solitude.
 - We commonly walk into our houses and immediately turn on the television.
 - Step into an elevator and pre programmed music automatically plays.
 - Visit a doctor or dentist office and the television is already on and playing soothing music.
 - Get into your car and drive away, and the radio, Pandora, or Spotify is already blaring.
 - We can control the volume level...how much noise can I take or not take
 - We also choose what type of noise that we put in our minds.
 - Usually wherever you go there are people around us.
- BUT....silence and solitude have a long and rich history in the church as foundational habits for following Jesus.
 - Silence is possible without solitude but very few of us can be silent in the presence of others, which speaks to the necessity of pairing silence with solitude
 - Silence and solitude are places and times that God can and does speak to us.
 - Henri Nouwen wrote that “without solitude it is almost impossible to live a spiritual life.”In solitude, we separate ourselves from people and things in order to attend to

God. In stillness, we quiet every inner and outer voice to listen for God's "sheer silence."

- We see a very clear example of silence and solitude in the Scriptures.
 - "The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came **a gentle whisper**. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?" -- 1 Kings 19:11-13
 - "When God appeared to Elijah after his suicidal depression and flight from Jezebel, He told him to stand and wait for the presence of the Lord to pass by. But God did not appear in ways he had in the past. He was not in the wind (as with Job), an earthquake (as in Mount Sinai and the Ten Commandments), or fire (as in the burning bush with Moses). ****As we read in 1 Kings 19:12, other versions say that God finally revealed Himself to Elijah in "**a sound of sheer silence**." or others say "**in a still, small voice**"
 - We even have numerous accounts of Jesus seeking out silence and solitude to hear from His Father. And we learn from His example and how He often sought after silence and solitude:
 - Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." -- Mark 1:35

- “At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them.” -- Luke 4:42
 - “After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone.” -- Matthew 14:23
 - Maybe most importantly, we are commanded to be still and silent before the Lord.
 - “Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.” -- Psalms 37:7
 - He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” -- Psalms 46:10
 - When is the last time that you have heard His still small voice?
 - Silence and solitude allows us to experience life-transforming concentration on God.
 - We need silence to allow the Lord to speak in His still small voice to the needs of our hearts.
5. When we practice and apply these things in our lives and spend that time with our Heavenly Father, we see that:

Silence brings rest

- Define rest: there is the physical rest where we see in the OT where God created all things and the 7th day, He rested. Where He created the Sabbath for man to have rest and He made it Holy as we should keep it Holy.
- But this rest is more than that, it’s more than good sleep...it is rest in God.
- Finding rest in God is the ultimate goal of godliness, Christ-likeness, and oneness with God
 - It is a peace with and confidence in God
 - We can not have the physical rest or the rest in God without Him.

- We can fill up our schedule to stay busy and turn every noisy object on, surround ourselves constantly with other people and those things won't satisfy us....it's God...He should be our focus....our priority, our desire
 - And when we trust God and have full confidence in Him we will have rest.
- In Matthew 11:28-30, Jesus says:
 - **“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30**
 - Jesus doesn't say come to my works or miracles but to Me
 - This “come to me” is that declaring that Jesus is Lord and Savior of our lives and that we want Him to rule in our hearts and lives!
 - Come to me....that solitude with Jesus
 - Weary and burdened by all the things of this world....kaos, business, setbacks and the noise that we talked about earlier that is blocking something....hindering something...our walk with our Heavenly Father.
 - The Rest - in our souls that our eternal destiny is secure in Jesus Christ our Lord and Savior. We can rest in Him. We have complete trust and confidence in God. We can rely on, depend on, go to Jesus in all things.
 - You see....

Rest is the product of silence and solitude with God

6. CLOSING: As we've looked at silence, solitude and rest...the question now is...How do we apply these and put them into practice in our lives?? There isn't a special formula to do these things or to make them happen. And everyone's day and season of life looks different than others BUT God calls us to do them.

- Here are some suggestions that can help:
 - Make a time of solitude
 - Early in the morning....starting our day off right...with God
 - Matthew 6:33 says “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”
 - We don’t need the news first....filled with all the distractions.....but “COME TO ME”
 - You don’t that coffee or food in your stomach to get you going....”COME TO ME”
 - John 6:35 “I am the bread of life, whoever comes to me will never go hungry and whoever believes in me will never be thirsty.”
 - Take little solitudes throughout the day
 - Do I really need the full 30 minute lunch break?
 - Can I use my driving time for this? Great way for CK kids too
 - Set aside a place in your home or somewhere else that becomes your special place to be alone with God
 - Be silent and still
 - Turn off the electronics, or at least notifications.
 - Focus on your heart.
 - Listen to Him
 - Meditation
 - Reading God’s word (one main way He speaks to us)
 - One word at a time
 - In Louie Giglio’s book titled “I am not but I know I am”, he suggests taking a bible verse for a week and meditating on one word each day.

- Like a cow chewing the cud
 - Read it, chew it, pray it, do it
- Prayer
 - Talk and Listen to God
 - Mother Teresa “ I always begin my prayer in silence, for it is in the silence of the heart that God speaks. God is the friend of silence - we need to listen to God because it’s not what we say but what He says to us and through us that matters. Prayer feeds the soul - as blood is to the body, prayer is to the soul - and it brings you closer to God.”

As the band comes out to lead us in 1 more song, my prayer is that we are a body that resets in God. That the things we talked about this morning are a priority in our lives.

Brian- my faith in Christ.....I’m grounded in HIM

That we as a church are grounded in Christ through our silence, solitude, prayer and meditation of HIS word.

And that in doing this WE HAVE REST IN HIM.