

The Rest at heart verses the Restless heart.

#1- You must first be Reconciled with God

Having a reconciled spirit is at the top of the heap if we're going to be restful and at peace during all our hurried lifestyle.

"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing and peace may come from the Lord," Acts. 3:19

#2- Maintain an attitude of forgiveness

Accepting forgiveness and offering forgiveness are critical for the heart to be at peace both with God and Man

One of the things that keeps people from truly enjoying life and being at peace is an un-reconciled heart, especially if they are not reconciled to those whom they love.

Forgiving others starts with accepting God's forgiveness and then applying that forgiveness

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Eph. 4:32

We can't be kind and compassionate unless we learn to forgive.

Name some things not forgiving will do-

Examples:

It can ruin friendships

It can ruin special events in our lives that could leave great memories

It can make our kids' lives miserable. How?

It can effect your performance at work. How?

It can cause you to isolate yourself from people who need you. Why?

It can neutralize your impact for God.

#3-Live within the boundaries of God's Word.

How?

God's Word is for protection. The boundaries He sets are for our good. (Kind of like the game of tennis)

*Blessed are those whose ways are blameless,
who walk according to the law of the Lord.*

*²Blessed are those who keep his statutes
and seek him with all their heart—Psalm 119:1-2*

1. Chose to be a person of ethical character "ways are blameless"
2. Chose to be a person of spiritual character- walk according to the law of the Lord"
3. Chose to be a person of committed character-"keep his statutes"
4. Chose to be a person of passionate character-Seek him with all their heart"

Lord, who may dwell in your sacred tent?

Who may live on your holy mountain?

The one whose walk is blameless,

who does what is righteous,

who speaks the truth from their heart; Ps. 15-1-2

#4- Maintain an eternal perspective

If eternity is always at the backdrop of every major decision in life then you have true perspective.

An eternal perspective changes the way we...

- a. View People: People last forever but “things” don’t. Keep that in mind when you are dealing with the big picture.
- b. View Love: Love is to be invested “in people” that last forever.
- c. View Aging: The world worships youth but God say honor those who have aged.
- d. View Death: 1 out of 1 people die. It’s going to happen. How do you view death? Since death is certain then life can become rich. “
- e. **View Time: Time is a rare commodity. The Bible wants us to use our time wisely.**
 - a. Read Ecc. 3:1-8, Ps. 90:12, James 4:13-15, Eph. 5:16

Ecclesiastes 3:1-8 ¹*There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.*

*Psalm 90:12 So **teach us to number our days, that we may present a heart of wisdom.** Teach us to number our days, that we may gain a heart of wisdom. Teach us to realize the brevity of life, so that we may grow in wisdom. So teach us to number our days that we may get a heart of wisdom.*

James 4:13-15 *Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the LORD's will, we will live and do this or that."*

Eph. 5:16 "making the most of every opportunity, because the days are evil."

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. II Cor. 4:16-18

Why does a person lose heart because of their aging?

What does the Bible say is the purpose of the events in our lives that cause us to age?

What are we to do when we start to lose heart because of what’s happening to us?

Can you give some examples of what is “unseen”?