# **Rest in Christ**

A tapestry of new hymns, scripture, reflections, and prayers for public worship and personal devotions

from the series:
Fresh Views of
Timeless Truths

Ken Bible

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## **Scriptures on Rest**

Thus says the Lord,
"Stand by the ways and see and
ask for the ancient paths,
Where the good way is, and
walk in it;
And you will find rest for your souls." (Jeremiah 6:16, NASB)

[Jesus said,]
"Come to Me, all who are
weary and
heavy-laden, 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.

My burden is light." (Matthew 11:28-30, NASB)

For My yoke is easy and

### Come to Me, Part 1

What burdens you right now?
Various situations and concerns probably parade through your mind.
Each involves uncertainty and fear.

Fear creates an imaginary world for us —
 a world in which there is no God,
 with all His love and
 power and
 promised faithfulness.

Don't live another day in that dark world!

Christ invites us to
 come to Him,
 know Him, and
 rest in Him.

As we do, fear and its imaginary world melt away
 in the light of His love.

Hymn recording: **Come** 

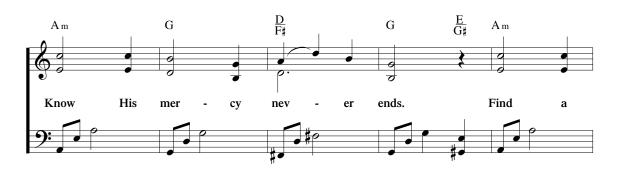
### Come

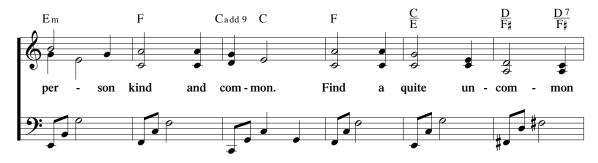
Matthew 11:28-30

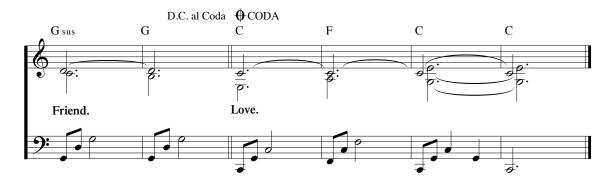


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### Come to Me, Part 2

As you bring your burdens to Christ,
there is one burden that doesn't immediately come to mind:
 the burden of self-concern.
Yet it is the most constant,
 most distracting,
 most draining burden that any of us carries.
It is the drive to constantly look out for ourselves and
 worry about ourselves and
 promote ourselves to those around us.

This burden, too, melts away as we come to Christ and know Him and rest in Him.

We come to Christ with many burdens.
We leave with only one:
the burden of pleasing Him.

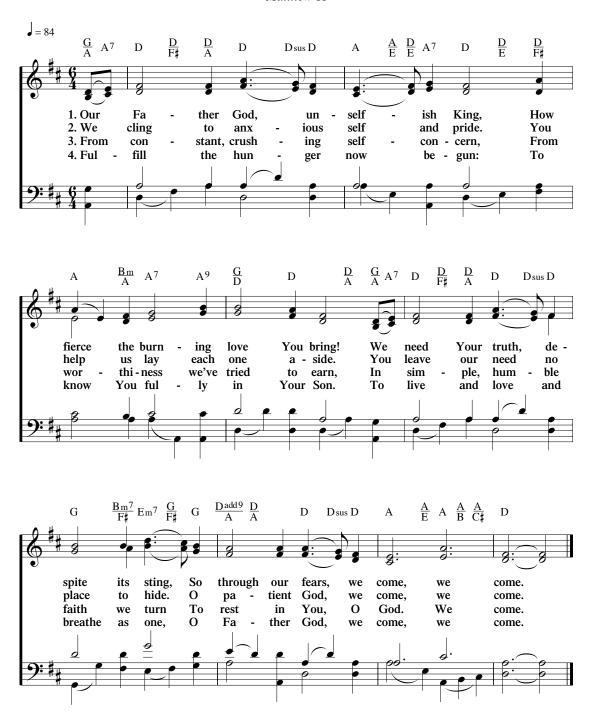
But what an easy burden it is!

All He asks is that we
trust Him
who has proven Himself trustworthy and love Him
who is so loving and lovely.

**Hymn recording: We Come and Rest** 

## We Come and Rest

TUNE: Just As I Am (WOODWORTH) Matthew 11



WORDS: Ken Bible WOODWORTH MUSIC: William B. Bradbury; arr. by Ken Bible

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L.M.

#### Psalm 11

(NASB)

In the Lord I take refuge;
How can you say to my soul, "Flee as a bird to your mountain;
For, behold, the wicked bend the bow,
They make ready their arrow upon the string
To shoot in darkness at the upright in heart.
If the foundations are destroyed,
What can the righteous do?"

The Lord is in His holy temple; the Lord's throne is in heaven; His eyes behold, His eyelids test the sons of men. The Lord tests the righteous and the wicked, And the one who loves violence His soul hates. Upon the wicked He will rain snares; Fire and brimstone and burning wind will be the portion of their cup. For the Lord is righteous, He loves righteousness; The upright will behold His face.

#### **Reflection on Psalm 11**

```
Father, when I feel like running away,
      I will run to You and
       rest in You.
You are my hiding place,
       my fortress,
       my protection.
When my life is plagued with concerns
       big and
       small,
You are always with me,
       always available,
       always involved.
Even when the very foundations of my life seem to totter,
      You are still immovable.
      You are still holy.
       You are still Lord of all.
      You are still engaged with every detail of my life.
O my Father, You are
      always right,
      always good,
       always here.
I love You!
```

Hymn recording: Psalm 11

## Psalm 11



WORDS: Ken Bible
MUSIC: Supplement to Kentucky Harmony, 1820; arr. by Ken Bible
C.M.

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### Learn a New Response to Need

Rest in the Lord and wait patiently for Him. (Psalm 37:7, NASB)

Whenever we feel a need, we want to eliminate it. All our focus is on ridding ourselves of the source of our discomfort.

But realize that our neediness is permanent and pervasive. We can never eliminate it. Eliminate the need that obsesses you right now, and another will soon replace it.

Instead, God is teaching us to rest in His sufficiency, right there in the presence of the need. We can find peace in Him, even when the need continues for a time.

What needs are you feeling in your life right now? God is using them to draw you to Himself. Look past your normal solutions, your usual sources of relief that never prove adequate.

Turn to Him. Bring your concerns to Him, and rest in Him.

He is peace.

He is your sufficiency through every need.

Father, often I think that if You would only give me money or knowledge or the right situation, I'd be OK. But You know that what I really lack is faith. I need to trust You. I need to obey You. I need You.

Hymn recording: Lord, How Good to Rest in You

## Lord, How Good to Rest in You



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REST IN GOD 7.7.8.7.8.7.8.7.

WORDS & MUSIC: Ken Bible

### **Scriptures on God's Forgiveness**

Then the Lord passed by in front of [Moses] and proclaimed, "The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth; who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin." (Exodus 34:6-7, NASB)

When I kept silent, my bones wasted away. Then I acknowledged my sin to you... I said, "I will confess my transgressions to the Lord" and you forgave the guilt of my sin. (Psalm 32:3, 5, NIV)

The Lord is compassionate and gracious,
Slow to anger and abounding in lovingkindness.
He will not always strive with us,
Nor will He keep His anger forever.
He has not dealt with us according to our sins,
Nor rewarded us according to our iniquities.
For as high as the heavens are above the earth,
So great is His lovingkindness toward those who fear Him.
As far as the east is from the west,
So far has He removed our transgressions from us.
Just as a father has compassion on his children,
So the Lord has compassion on those who fear Him.
For He Himself knows [c]our frame;
He is mindful that we are but dust.
(Psalm 103:8-14, NASB)

Because of the Lord's great love we are not consumed, for his compassions never fail.

They are new every morning; great is your faithfulness.

(Lamentations 3:22-23, NIV)

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9, NASB)

### **Living without Guilt**

I know about guilt. I know about the shadow deep inside, the heaviness, the darkness. I know about being deeply, unforgettably aware of the wrong I've done. I've tried to deal with that guilt in a variety of ways.

I've tried to deny it: "It's just a state of mind...an emotion...it'll pass."

I've tried to rationalize it: "Everybody does wrong once in a while...I'm no worse than most people."

I've tried to blame it on others and escape it: "It's just the way my parents raised me...society's false standards...If I ignore their rules, I'll eventually get past this feeling."

I've tried to make up for it somehow: "I will be nice to people...do good deeds...give money...That will make up for the wrong I've done...My good deeds will outweigh the bad."

But none of that lifts the blackness. None of it makes me clean. None of it changes the person I know I am. My wrongness is not a feeling, or a fiction, or a passing phenomenon. It's a fact.

But thank the Lord, I also know what forgiveness feels like. Years ago I heard about Jesus. At first, hearing about Him only made the guilt worse. I felt painted in a corner. My wrongness, my sin, was bigger than ever. It loomed over me. It stared me in the face.

Finally, in desperation, and in feeble hope, I turned to Jesus. I just opened myself to Him. I admitted how wrong I was. I asked Him to help me. And you know what happened? He didn't scold me. He didn't punish me. He just forgave me. Forgave me! Freely, completely, unconditionally forgave me! I was a brand-new person, bathed in His love inside and out.

I cannot describe the freedom, the cleanness, the joy, the rightness of life. I'm not talking about a feeling. It was a fact. I was a different person.

If you're living with guilt, let me tell you: you don't have to. You don't need to deny it, rationalize it, or make up for it. Jesus forgives sin. Jesus takes away guilt completely. Jesus makes new people. Jesus can make you a new person.

**Hymn recording: The Joy of Forgiveness** 

## The Joy of Forgiveness

Psalm 32:1-2; Matthew 6:12, 14-15; 18:21-35; Luke 11:4



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FORGIVE 8.8.6.8.8.6.

WORDS & MUSIC: Ken Bible

### John 15:1-5

(NASB)

[Jesus said:]
"I am the true vine, and
My Father is the vinedresser.
Every branch in Me that does not bear fruit,
He takes away;
and every branch that bears fruit,

He prunes it so that it may bear more fruit.

You are already clean [that is, pruned] because of the word which I have spoken to you.

Abide in Me, and I in you.

As the branch cannot bear fruit of itself unless it abides in the vine,

so neither can you unless you abide in Me.

I am the vine,

you are the branches;

he who abides in Me and

I in him,

he bears much fruit,

for apart from Me you can do nothing."

### The Key to Fruitfulness

How can you be fruitful - in your daily living, in your relationships, in your service, and in prayer life?

Remain in the vine. All your fruitfulness flows from Jesus Christ. Just as His relationship with the Father was the key to His fruitfulness, so it is with you. Your relationship with the Father through Jesus is the key to your fruitfulness. Do everything you can to nurture your relationship with Him. Make that the #1 priority in your life, just as Jesus' relationship with the Father was His constant focus and deepest desire.

Our Father will do all He can to increase our fruitfulness. How?

Every branch that bears fruit, He prunes it so that it may bear more fruit (John 15:2, NASB).

The Father prunes us. Such pruning is essential if vines are to produce the very best fruit possible. The vine's precious sap cannot be wasted supporting branches that are unfruitful. Only the fruit-bearing branches may remain.

So it is with us. The Father prunes or cleans us of any unfruitful elements in our lives. As we allow Him, He cuts away anything in us that drains our time, attention, energy, and resources without bearing fruit.

How does God prune us?

- By His word (v.3). His revealed wisdom teaches us how to live fruitfully.
- By His Spirit. His Spirit applies His word to our individual lives.
- By other means of grace, such as the Church and our fellow believers.

Pruning is not a one-time process. As with branches in a vine, things grow up in our lives that drain away our attention without bearing fruit. If our lives are to bear the best fruit possible, these unfruitful elements must be regularly pruned away.

Study and prayerfully apply God's word. Be diligent about the means of grace. Stay tuned to the Spirit's voice. The writer of Hebrews likened this pruning to parental discipline when he wrote:

All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness. (Hebrews 12:11, NASB)

Hymn recording: Remain in Me

## Remain in Me

TUNE: Fur Elise, adapted



WORDS: Ken Bible MUSIC: Ludwig van Beethoven and Ken Bible ELISE 9.4.4.D.w.Bridge

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### **Scriptures on Christ Within**

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. (Galatians 2:20, NASB)

For this reason I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you,

according to the riches of His glory,

to be strengthened with power

through His Spirit in the inner man,

so that Christ may dwell in your hearts through faith; and that you,

being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. Now to Him who is able to do

far more abundantly
beyond all that we ask or think,
according to the power that works within us,
to Him be the glory in the church and in Christ Jesus
to all generations
forever and ever.

Amen.

(Ephesians 3:14-21, NASB)

Christ in you, the hope of glory. (Colossians 1:27, NASB)

#### **Holiness**

At times "holiness" has seemed an unattractive word to me - rigid and unfriendly. How could I be "holy" and still live freely and naturally? How could I ever relax and be myself?

At times "holiness" has been a theological word. The Bible convinces me that God wants us to live a holy life and has made that life available to us. But when I've listened to theological teaching and compared it to the Bible, I don't always hear the same things. "Holiness" has involved some theological struggle for me.

And at times "holiness" has been a frustrating word. What Bible verse is more intimidating than this one? "Like the Holy One who called you, be holy yourselves also in all your behavior." (1 Peter 1:15, NASB). Any who have tried to discipline themselves into a holy life have known plenty of frustration.

But "holiness" has changed for me over the years. It's not unattractive or frustrating. As I've begun to know Christ better and enjoy Him as a living Friend, I find I don't want to interrupt that relationship. It means too much to me. I've experienced the difference He makes in me, and I want to be led by Him and molded by Him alone. I like myself better when He is shaping me.

Holiness has become a living relationship with Jesus as a personal being. It is the freedom of being guided and formed completely by Him. Do you know how exciting that is after years of struggling with my own weakness?

I'm not perfect. The more I know Him, the more I realize I fall short. But when I do, it's because I've not prayed and depended on Him. When I don't look to Him, I grow self-centered, and my thoughts and actions reflect it.

But forgiveness is immediately available. And when I trust Him, He responds to me and helps me respond to Him. He changes my feelings and reactions toward Him and toward those around me.

That makes me love and trust Him and desire His constant working in me all the more. Our relationship keeps growing. Praise to You, Lord!

Hymn recording: Holy in Me

## Holy in Me

TUNE: Come, Thou Fount of Every Blessing (NETTLETON)

Colossians 1:27



WORDS: Ken Bible MUSIC: Traditional American Melody;

John Wyeth's Repository of Sacred Music, Part Second, 1813

NETTLETON 8.7.8.7.D.

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#### When I'm III

Jesus called out with a loud voice, "Father, into your hands I commit my spirit." (Luke 23:46, NIV)

When I'm ill,
I want to escape the pain.
I want to escape the weakness and get back to normal.

I'm frustrated when I cannot.

And when the illness is potentially life-threatening, it's frightening.

I feel the disease eating away at my life, and I am powerless to stop it.

When Jesus was on the Cross, racked with pain and His life ebbing away, He committed himself entirely into His Father's hands.

That's what I do now, God. Whatever part of my body is ill, I put it into Your hands.

Father, into Your hands I commit my body.

**Hymn recording: Our Healer** 

## Our Healer

TUNE: What Child Is This? (GREENSLEEVES)

Matthew 9:20-22; Mark 5:24b-34; Luke 8:42b-48; James 5:14-16



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### Walk by Faith

We walk by faith, not by sight. (2 Corinthians 5:7, NASB)

Do you long for a quiet, rock-solid stability in your life? Walk by faith, not by sight.

When problems come, keep your eyes on God. Don't be distracted by worries and difficulties.

When spiritual dryness comes, continue to walk by faith.
Live out your faith, even when you don't feel it.

When your knowledge and ability to reason hit their limits, continue to trust God. Keep your mind set on Him who is himself the Light and the fountain of all truth.

Let simple trust lead the way when knowledge and emotion cannot.

Hymn recording: If I Could See

## If I Could See



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Irregular

### **Fearing Change**

"Listen to Me...
You who have been borne by Me from birth
And have been carried from the womb;
Even to your old age I will be the same,
And even to your graying years I will bear you!
I have done it, and I will carry you;
I will bear you and I will deliver you."
"I, the Lord, do not change."
(Isaiah 46:3-4; Malachi 3:6, NASB)

God of unfailing, unrestrainable love, how often do I
resent and
resist
the blessings You send me!
I hide.
I argue.
I lash out.
I whine and complain like a child,
fearful of change.
I cling to my poverty because it is
familiar and
safe.

O Father, forgive me! Forgive me for mistrusting Your love!

You are the unchanging God,
always only wisdom,
always only good,
always only bringing our best.

Through all the changes and seasons of life,
I will look to You.
I will bring my concerns to You.
I will trust You.

And then, even in my ignorance,
I will rejoice in what
Your omniscient love is doing for me.

You are good, Father! You are always good, and Your love endures forever!

Hymn recording: <u>Unchanging Father</u>

# **Unchanging Father**

Numbers 23:19; Psalm 23:1; 46:1-3; 90:1-2; 102:27; Isaiah 46:3-4; Malachi 3:6; Hebrews 13:8; James 1:17



WORDS & MUSIC: Ken Bible

OPEN YOUR HAND 5.4.5.4.10.5.4.

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### Perfect Love, Wisdom, and Power

God is our refuge and strength,
an ever-present help in trouble.

Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.

The Lord Almighty is with us;
the God of Jacob is our fortress.

He says, "Be still, and know that I am God." (Psalm 46:1-3, 7, 10, NIV)

When I am afraid, I put my trust in you. (Psalm 56:3, NIV)

Father, You are perfect love.
With all Your being
You always want what is best for me.
I will trust You.

You are perfect wisdom.
You always know what is best.
I will trust You.

You are perfect power.
You are fully able to do all that is best.
I will trust You.

Perfect love.
Perfect wisdom.
Perfect power.

You never change.

You will always be who You have always been.

You will always do what You have always done.

You will finish everything You start.

I will trust You.

When appearances deny You, and even when I can't understand You, I will trust You, rest in You, and rejoice in You.

Hymn recording: You Are Lord

## You Are Lord

Psalm 46:1-3; 56:3; Philippians 2:9-11



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6.3.7.3.w.Ref.

## You Are Calling Me to Yourself

```
My dear Father,
You are always calling me to Yourself.
Every joy,
every blessing,
every struggle,
every need
calls me
      to turn to You more constantly,
      to trust You more simply,
      to love You like a child loves her father.
Everything You do and
every word You speak, whether of
      instruction,
      challenge,
      comfort, or
      rebuke,
is a tender, personal invitation:
Come closer.
I love you.
Know Me.
Rest in Me.
```

Hymn recording: You Are Calling Me to Yourself

## You Are Calling Me to Yourself

Psalm 25:10; 31:15; Matthew 11:28-30; John 15:11; Romans 8:28



WORDS: Ken Bible
MUSIC: Traditional Folk Tune and Ken Bible

NEIL
L.M.

ALTERNATE TUNE: Where Cross the Crowded Ways of Life (GERMANY)

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### **Scriptures on Peace**

```
those whose minds are steadfast,
because they trust in you. (Isaiah 26:3, NIV)
Peace I leave with you;
My peace I give to you;
not as the world gives
      do I give to you.
Do not let your heart be troubled,
      nor let it be fearful. (John 14:27, NASB)
Therefore, having been justified by faith,
we have peace with God
through our Lord Jesus Christ, (Romans 5:1, NASB)
Rejoice in the Lord always;
      again I will say, rejoice!
Let your gentle spirit be known to all men.
The Lord is near.
Be anxious for nothing,
but in everything by
      prayer and
      supplication with
      thanksgiving
let your requests be made known to God.
And the peace of God,
      which surpasses all comprehension,
will guard your hearts and
      your minds
```

in Christ Jesus. (Philippians 4:4-7, NASB)

You will keep in perfect peace

#### **Perfect Peace**

Imagine the complete absence of conflict throughout our entire race, throughout all creation, between God and each of us.

Imagine perfect harmony, complete well-being, no fear, no suffering, no darkness, no death ever again.

Imagine the life and love of God in all their richness flowing unhindered every moment, forever.

This is the peace that
Christ the Son brings.
He is perfect peace with our Father,
the endless Source of all that is good.

**Hymn recording: Perfect Peace** 

## **Perfect Peace**

Isaiah 26:3; Philippians 4:7



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WORDS & MUSIC: Ken Bible

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SHALOM Irregular

#### **Hebrews 4:1-11**

(NASB)

Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. For indeed we have had good news preached to us, just as they also [those who died in the Exodus wilderness because of unbelief]; but the word they heard did not profit them, because it was not united by faith in those who heard. For we who have believed enter that rest, just as He has said,

"As I swore in My wrath, They shall not enter My rest,"

although His works were finished from the foundation of the world. For He has said somewhere concerning the seventh day: "And God rested on the seventh day from all His works"; and again in this passage, "They shall not enter My rest." Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, He again fixes a certain day, "Today," saying through David after so long a time just as has been said before,

"Today if you hear His voice, Do not harden your hearts."

For if Joshua had given them rest, He would not have spoken of another day after that. So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

#### I Can Live in Christ

Not that I...have already been made perfect...but one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Philippians 3:12-14, NIV)

I look forward to all that Christ is going to do for us. Imagine being perfect physically like He is, sharing His glory. Imagine being in constant touch with Him, responding fully to His presence. Imagine being one with Him and complete in Him, holy and loving as He is. The more we realize our own weaknesses, the more wonderful these promises become. We will live in Him forever.

But here's a possibility that's even more exciting: I can live in Christ right now. I can live in His Spirit here, today, in this moment. When I look long-term, all I see are my inconsistencies and weaknesses. But right now I can live in Him.

I'm not saying I can live a perfect life by any means, even for an hour. But right now I can remember that He is here with me. I can breathe prayer to Him and foster that openness to Him that is the key to spiritual growth.

This moment I can turn to Him with my concerns. I can depend on Him and know His peace.

This moment I can find joy in Him, no matter what has happened or will happen.

This moment I can endure temptation and difficulty as I trust Him, knowing I will come through them stronger and closer to Him.

This moment I can be truly loving in Him.

Don't think about how impossible it is for you to be all Christ wants you to be for the rest of your life. Look to Him this moment. Live in His presence now. You know what He can do when You trust Him-you've experienced it. Trust Him now. Be glad in Him in the present moment. Tell Him how you feel about Him.

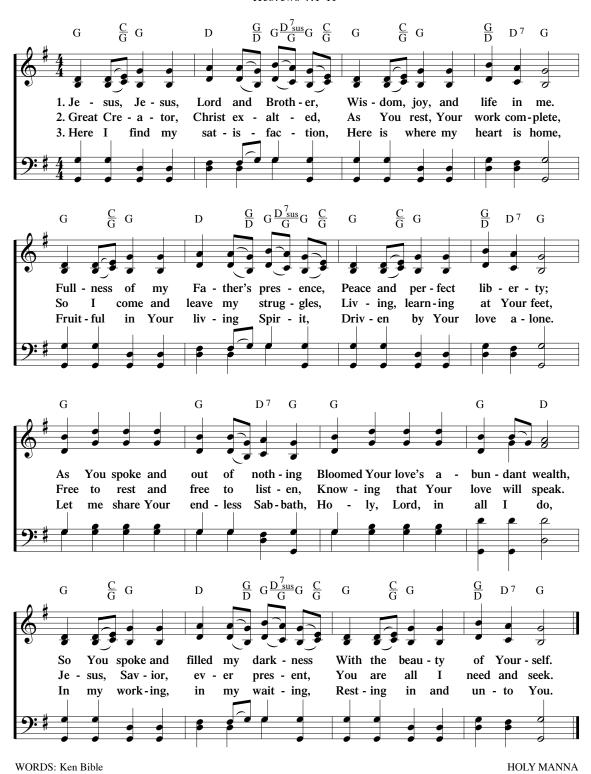
Rest in Christ is not a someday blessing. He does not put if off until tomorrow. We put it off. His Spirit is always with us, always in us, always eager for fellowship. Enjoy Him. Enjoy Him now.

Hymn recording: Resting in the Lord

## Resting in the Lord

TUNE: Brethren, We Have Met to Worship (HOLY MANNA)

Hebrews 4:1-11



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