

Series graphic w/email

When are you at your best?

3 Images: coffee mug; shower; best day/good life (all 3 can be on same screen if clear)

<https://th.bing.com/th/id/R.31f85c0aa6e7c0050f2b8c5ec552d11f?rik=VYoWCG1V%2bgBZ3g&riu=http%3a%2f%2fwww.dumpaday.com%2fwp-content%2fuploads%2f2016%2f10%2fbest-day-ever.jpg&ehk=uqZGk9osg9MYT6c%2f78WIIVSrBgOrb7cSTG7k437fo4o%3d&risl=&pid=ImgRaw&r=0>

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<https://tse1.mm.bing.net/th?id=OIP.rSmJ8CxESidDKVNAuyYEaAHaE8&pid=ImgDet&rs=1>

God is committed to us **being our best** ... for Him and His glory.

2 Corinthians 5:17

... if anyone is in Christ, he is a **new creation**; the old has passed away, and see, the new has come!

Colossians 3:9b-10

... you have put off the **old self** with its practices and have put on the **new self**. You are being **renewed** in knowledge according to the **image** of your Creator.

Philippians 1:6

I am sure of this, that He who started a **good work** in you will carry it on to **completion** until the day of Christ Jesus.

Our witness for God and “our world” need your best self.

Image: Snickers commercial

https://i.dailymail.co.uk/i/pix/2015/01/30/252DAD9300000578-0-image-a-36_1422588711018.jpg

If God is committed and the world needs the best us, why is this such a struggle?

If we are going to live our purpose, fulfill our destiny, be our best selves then **Sabbath rest** will be a regular part of our lives.

Rested me = Best me

→ **REFRESHED and in OVERFLOW mode**

Proverbs 4:23

Keep your heart with all vigilance, for from it flow the springs of life.

*The heart of man is his worst part before it is regenerated, and the best afterward; it is the seat of principles, and the foundation of actions. The eye of God is, and the eye of the Christian ought to be, principally fixed upon it. The greatest difficulty in conversion is **to win the heart to God**; and the greatest difficulty after conversion, is to **keep the heart with God**.*

{John Flavel}

{one slide if possible; make sure it read easy & clear with layout & font}

12 Seasons of Special Vigilance:

Prosperity	Mistreatment
Adversity	Trials
Persecution of church	Temptations
Danger	Doubting/Darkness
Circumstantial Needs	Suffering
Duty	Nearing Death

Ephesians 1:18-19a

I pray that the **eyes of your heart** may be enlightened in order that you may know **the hope** to which He has called you, **the riches** of His glorious inheritance in His holy people, and His **incomparably great power** for us who believe.

Heart searches for a source of ... peace, identity, assurance, energy, purpose, meaning, etc.

Psalm 3

A psalm of David when he fled from his son Absalom.

{keep formatting and layout; 2 different slides}

Bad Day → **Bad Self**

Good Day → **Good/Best Self**

Bad Day → ~~**Bad Self**~~
Good Day → **Good/Best Self**

Psalm 3:1-2

A psalm of David when he fled from his son Absalom.

Lord, how my foes increase! There are many who attack me. Many say about me,
“There is no help for him in God.”

Selah

1) Look **up to the Lord** (vs. out) and **lay it all out** before Him.

Not “**generic** God” but **personal** God.

→What “Name” of God do you *know* and use?

{one slide}

Beware of the “fake rest” of **escapism**.

“No amount of vacationing, streaming entertainment, social-media, or social media escapism will give us true rest ...”

Psalm 3:3-4

But You, Lord, are a shield around me, my glory, and the One who lifts up my head. I cry aloud to the Lord, and He answers me from His holy mountain.

Selah

2) Be **fueled by Who** God is in Christ Jesus.

(One per slide)

Real rest is vertical.

It results from being in a personal relationship with the Creator and Ruler of the universe and resting in his plan for the world.

Real rest is rooted in a belief that what God has told you is reliable and accurate.

Real rest is rooted in a radical recognition that God is working His unstoppable, wise, and gracious plan and that He will not relent until His will has finally been done.

Real rest recognizes that God's victory is our victory.

Real rest looks up to God and beyond to eternity, resting in the certainty of His power and His plan, even though things at the moment may be confounding and hard.

Psalm 3:5-6

I lie down and **sleep**; I wake again because the Lord **sustains** me. I will **not be afraid** of thousands of people who have taken their stand against me on every side.

3) Remember God's **commitment:**

He is more committed to developing the **best version of me** than providing the **best day ever**.

{4 Different slides}

Mr. Dollar

Mrs. Ambitious

Mr. Pleaser

Ms. Selfie

Mrs. Grace

Mr. Dollar: *"How can I make more money?"*

Mrs. Ambitious: *"How can I get promoted?"*

Mr. Pleaser: *"How can I make my boss happy?"*

Ms. Selfie: *"How can I get personal satisfaction here?"*

Mrs. Grace: *"In view of Who God is and His grace to me, how can I serve Him and bless others here?"*

{one slide if possible}

Real rest is not just a feeling; it is a lifestyle.

It is not the result of things that are happening around me, but a sturdy rest and peace that I bring to the things around me that change the way I think about and interact with them.

Psalm 3:7-8

Rise up, Lord! Save me, my God! You strike all my enemies on the cheek; you break the teeth of the wicked. Salvation belongs to the Lord; may your **blessing** be on your people.

Selah

4) Get **up and go **bless** ...**

Correct craft image

<https://boatingindustry.com/wp-content/uploads/2014/05/War-boats.jpg>

Matthew 26:36, 39, 46, 50

Then Jesus came with them to a place called Gethsemane, and He told the disciples, “Sit here while I go over there and **pray**.” ... Going a little farther, he fell facedown and prayed, “My Father, if it is possible, let this cup pass from me. Yet not as I will, but as you will ... **Get up; let’s go**. See, my betrayer is near ... “Friend ...”

John 3:16

For God loved the world in this way: He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life.