



## “Soul Rest” (John 5:1-18)

Ps.3:1 O’ LORD, how many are my foes! Many are rising against me:  
v5 I lay down and slept; I woke again, for the LORD sustained me.

One of the greatest tests of your faith is when you are facing difficulties in your life and you are able to lie down and sleep at night and wakeup refreshed and at rest in the morning.

There is a Soul Rest that all the sleep and vacations in this world can’t give you, and all the stress and volatility in this world can’t take from you. Do you have that kind of Soul Rest?

### SOUL REST:

#### Why Do We Need It? vv1-7

- Our world of sin and suffering has a **crippling affect**. v3
- Everyone has a kind of pool we look to **for healing**. vv4-5
- Life can become a relentless grind of **nursing**, **cursing**, and **rehearsing**. vv6-7

#### How Do We Get It?

- **Accept** Christ’s Invitation. v6; Matt.11:28-30
- **Believe** Christ is your Soul Rest. v7; Ps.43:4
- **Commit** to all that Christ Commands. vv8-9; Phil.3:13; 1Jn.5:3

#### What Is It? v9c-18

- We are sinners saved by **Christ’s work**, NOT our work. v17; Matt. 12:8; Eph.2:8-9
- I have nothing to **prove** and nothing to **lose** when I rest in the finished work of Christ. Jn.19:30; Matt.3:17; Zeph.3:17; Ps.3:3
- This fills me with a **grateful joy** that empowers the greatest work. Eph.2:10

#### Growing Notes

- 1) There is a Soul Rest that all the sleep and vacations in this world can’t give you and all the stress and volatility in this world can’t take from you. What is it and what would it look like if you had it? Where do you think most Americans are when it comes to Soul Rest?
- 2) Read John 5:1-18. Why Do We Need It (vv1-7)? How is this a picture of the human race as it stands apart from the Grace of God through Jesus Christ? Everyone has a kind of pool we look to for healing. Explain. How does nursing, cursing, and rehearsing paralyze our lives?
- 3) How Can We Get It (vv6-9)? Have you Accepted Christ’s Invitation for soul rest (v6; Matt.11:28-30)? Why is it important to identify what your soul is resting in and replace it with Christ (v7)? What role does obedience play in our soul rest (vv8-9)?
- 4) What is it (vv9c-18)? How does knowing that our salvation is received and not achieved help us to enter into soul rest (Eph.2:8-9)? I have nothing to prove and nothing to lose when I rest in the finished work of Christ. Explain. Why does soul rest fill us with a grateful joy that empowers the greatest work (Eph.2:10)? What is the Psalmist’s secret to soul rest (Ps.3:1-5)? Pray.