

How to Find Rest in Turbulent Times

by Shane Idleman

Finding rest in turbulent times involves focusing on God's sovereignty and control, and taking time to reflect on Him and His word.

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Scripture: Matthew 11:28

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Description

Shane Idleman emphasizes the importance of finding rest in God's sovereignty amidst turbulent times, encouraging believers to disconnect from distractions and focus on their relationship with God. He discusses the mental and physical aspects of rest, highlighting that true rest is not merely physical but a state of peace and reflection in God. Idleman urges the congregation to take a sabbatical from the chaos of daily life, including social media, to rejuvenate spiritually and mentally. He stresses that rest prevents burnout and allows for clarity, urging individuals to evaluate their mental and physical health to find true peace. Ultimately, he calls for a deeper relationship with God, which is essential for experiencing His rest and peace.

Transcript

My rest is in God's sovereignty. And I don't just say it to say it, I really believe it. Sometimes my thoughts get a hold of me and I start thinking of America in 20 years for my kids or your kids.

And fear can really grip you and anger and anxiety. And so remembering, okay, God, you're sovereign and I'm gonna rest in you. And what I'm gonna speak to you about tonight is what God has been putting in my heart in order for me to take this time off and to take a sabbatical is really a time of rest where you're disconnecting from social media, amen? No Twitter, partner, partner if it comes back on.

Me, we, Facebook, this, engagements and just inundated with things. And instead of preparing a sermon as I read the Bible, let the Bible read me and prepare my heart. And this is what I was kind of dealing with the last few weeks.

I just wanna share it with you, how to rest in turbulent times. Anyone need that? How to rest in turbulent times. And it's interesting, the more I was studying this topic and you can look at the Greek, but it's even more rich in the Hebrew language because of the different incidents of God resting and man resting.

And I found, you know what? It's not always physical rest because we think laying down, right? Just resting and watching TV. And actually that cannot be rest if you're watching the wrong thing. Resting, it was a state of mind often.

It was a mental state of resting in God. You could be working, but resting in God. It was very interesting.

But the word rest literally means to relax in peace in the Hebrew language. It also implies people mourning for the dead. It's a time of reflection.

Now you might say, and I knew this was gonna be a question out there. Well, Shane, what am I supposed to do? I'm a mom with kids, amen? Or I'm a dad that works six days a week and I have kids at home too. And what does that look like? And I just wanna encourage you to take it to the Lord because you can take a Sabbath rest.

I think that principle in the Old Testament is still very applicable today. But God gave us that seventh day to rest, to force us to rest from our labor. So it wasn't work, work, work, work, work.

There was a day of rest and rejuvenation and recuperation. I think we can get to that. I tried it the other day and it's hard.

You're gonna go through withdrawals, but you turn this off all day and you have your spouse hide it somewhere. And you'll be going through the day like this. What's going on? But there's a rest that needs to take place.

It's very refreshing and rewarding. And we even read in Genesis that God rested from his work, but he wasn't tired, was he? I mean, did he, oh, this is exhausting. I just created an elephant.

But the word there is he was done and satisfied and he rested in that. And I don't wanna get too, this could have been a whole point in itself, but there is something about finishing something or accomplishing something. And instead of having too many projects, if you ever have too many things going on, you never get to the end of anything.

And it's just, there's no rest in that. For me, how this impacted me, and maybe it being transparent, it will help you. God has been dealing with me a lot lately on being strategic and narrowing my time.

Because if I try to do so many different things, many of you know, I also, in addition to pastoring, manage the radio network and dealing with all the sponsors and the invoicing. And when the radio goes out, I'm the one working with the engineer and the internet service providers. And so we've got help in that area.

Thank you, Levy, while I'm taking some time off. But it never seems satisfied because things weren't working and then doing this and doing this and finding that satisfaction and rest in accomplishing certain things. Okay, this is what God wants you to do or has called you to do.

And when you finish those things, or at least you're going in that right direction, there's a sense of peace. Because you're not, your mind's not going in so many different directions, taking on, you know, so many different things. And that's when our kids, even now, or when they're younger, sports, for example.

You know, you had to get them here and you have to get them there and do this. And it just seems so chaotic. And for me, this area of rest was just really narrowing down my focus and removing some things from my life that were causing me to go in so many different directions.

And this word really stood out that he was done and satisfied. He accomplished and then onto the next task, right? Overseeing the creation. But in our case, if we take on too much, we can become frazzled.

Have you ever been there where it just doesn't seem like anything's gonna end? It's just going on and going on and going on. And rest, when we take rest, it prevents burnout and breakdown. Rest prevents burnout and breakdown.

Rest provides clarity and peace. And rest positions the heart to hear from God. Now, you're each gonna have to take this to the Lord and see what he's dealing with in your own personal life.

For some of you, it might mean that day a week. For others, it might mean taking some time off. For others, it might just mean resting in him throughout the day instead of Facebook.

Taking our thoughts captive into the things of Christ and not being drawn away. Because I will tell you, the way things are going in our nation, and I'm hopeful, I'm optimistic in a pessimistic world. I'm also a realist and not naive.

I know what's going on. But if we're constantly watching the news every day to see what's going on, constantly being fueled by the fake narratives and these things, everything, just today, just today, there's stories about mandatory vaccines and FEMA camps if you don't take one. I'm like, well, I don't know if that's true or not.

Anyway, it's fake. But you see that, and then you see, the first transgender now was appointed to a federal office over health. And so if I'm like, Lord, if I keep watching the news every day, knowing what the Bible says, this is not gonna be good.

And now he's gonna reverse a lot of the abortion restrictions. And it's just the Paris climate thing, and Iran nuclear, it's just so much stuff. If we're not careful, it can begin to inundate us.

So my thought is be careful, be selective, be strategic. Take it to the Lord. Make sure you're spending a lot of time with God before you delve into those types of things, or you will be led astray by those things.

You're conformed to the world. You're being conformed to the world, not transformed by the renewing of your mind. And taking time off of these things or other things forces us to recognize that God is in control.

And this is why I mentioned a weekly Sabbath is designed to keep us from putting too much trust in our own work. Do you know how most guys measure success? Many of us, busyness, right? How are you doing? I'm busy. That's how we, I'm busy.

A business owner, I'm busy. I'm so busy. That's where I have to be careful.

And that's why four sabbaticals are kind of good. And you're like, okay, it's time to take some time off because I contend to rate busyness and success with busyness. How busy we are at the church, how busy I am.

And that busyness can actually take you away from God. The intimacy with God. Oh, Martha, Martha, why are you worried about so many things instead of worried about the one thing? And that word rest in Hebrew, in the Hebrew it has a couple of different meanings.

It can mean calm, a calm home, a calm environment, a calm atmosphere, and even calm in your mind, a peaceful, calm mind. Or I like one of the words, it was camped. Like they rested, they camped.

So you can go camping. But there's some truth to that, right? You get away from the busyness and you get to where you can just reflect on God and wake quietly. It means to wake quietly.

It means to lay down or to put some things aside. So when the word rested would use it in the Old Testament, sometimes it would say he rested or they rested, meaning they put aside some things so they could seek God. Or they put aside some things so they could get some rest.

Because we were not designed to take in all this information all the time. We're not created to know what's going on in 14 different countries or in our nation. All the shooting and stabbing, this, this.

I don't think we were created to be able to absorb all of that. So resting puts aside these things and lets us focus on God. Isaiah 40, 31, many of you know this.

Even the youth grow tired and weary, and the young men stumble and fall. But those who hope, or your translation might say wait, or you could say rest in the Lord, they renew their strength. So if you are lacking strength tonight, spiritual strength, which overflows into our physical, as well, correct? When I'm dead spiritually, I'm dead physically, often.

It wears me down, negative thinking. So you can renew that strength by waiting on God and resting in God. Now there's three possible definitions of this word wait.

Looking eagerly for, so those who look eagerly for the Lord will renew their strength. Those who lie in wait for the Lord will renew their strength. Or those who wait for and linger for the Lord will renew their strength.

I can tell you with certainty that if you come to, let's say Wednesday night, and you leave here, you feel better, you're built up. Sunday morning worship at 6 a.m., it gets us ready for the day. The worship of the Lord, it begins to, as we wait and linger for God, we're encouraged and we're built up.

And we wait for what we value, don't we? We waited for marriage, many of you, some of you. We waited for that which is valuable. We wait for things.

Some of you are waiting for retirement because it's valuable. So we wait for what's valuable. So waiting on God shows the value in that relationship.

And again, this isn't sitting at home watching Netflix. That's not waiting on God. Waiting on God, according to three different definitions is you can wait in the sense of waiting patiently for Him, but you're also serving Him.

You're looking eagerly for His moving in your life and filling of the Holy Spirit. It's this waiting on God. Your focus is on God.

You're hungry for the things of God. You want more of God. So there's a waiting anticipation.

That's why even looking forward to church, I look forward to church because there's an anticipation of what God could and will do. And again, resting is not just passive. Jesus said, come to me all that labor and are heavy laden, which is most of us a lot of the times.

And He said, I will give you rest. But He said, take my yoke on you and learn from me for I am meek and lowly in heart and you shall find rest for your souls. Now, you know, Bible students, you know what a yoke is.

It's this big wood mechanism that oxen would wear. So you'd have these big yokes on the oxen and they would pull together and pull the weight together. They're yoked together.

Be not unequally yoked with unbelievers. And for what fellowship has righteousness with lawlessness. So you're yoked together.

And so in this setting, take my yoke on you. It's not like Jesus is putting a yoke. I don't have this.

Okay, take it on you and see you later. Jesus is yoked, so He's there with us. He's the strength.

He's the support. He's pulling the load, but I still have to walk. But I'm leaning on His strength to pull me, yoking that bond together.

Now it contrasts this with laziness and sitting around all day. That's not what he's saying. There's a heart after God.

Henry Blackaby said, the Christian needs to walk in peace so no matter what happens, they will be able to bear the witness to a watching world. Right now, more than ever, the world is watching how we handle what's going on. Are they not? Many are mocking, the mocking voices.

They're watching how we handle what's going on. And if you can have peace in the midst of this storm, that's powerful. When people can mock that your person didn't get elected or this is happening in America, you just have tremendous peace in God.

It blows their mind. They actually don't like you for a while. They don't wanna talk to you because your peace drives me crazy.

And resting is also physical and mental. You ready to get a little bit convicting here? Mental toxicity. We have to remove the toxins.

Have you heard that phrase? It's real big now in the health and fitness industry. Remove the toxins, remove the toxins. But we have to remove mental toxins in our mind as well.

What your mind dwells on will determine your level of peace or your lack thereof. So if you're to find rest in turbulent times, again, what I just said earlier, focus on the things of God. Take a media break.

Take a break on these things that are distracting you. Well, Shane, how do I know? Is it leading to anxiety and fear or is it leading to peace and comfort? Now, we gotta stay informed. I understand that.

But we also have to focus our mind on the things of God. Be not conformed to this world, but be transformed by the renewing of your mind. How do you renew your mind? It's what you think of.

I've talked about this before, neuroplasticity. They've learned now that the mind actually can change. Remember they used to say, well, if you're born that way, that's how you are.

It's your makeup, it's your DNA. And we can even talk about epigenetics, which is a study of genetics and how certain mind and even foods and different things can play a role on your genetics and how it delivers

things into your DNA. It's just amazing how the body was designed.

The Bible doesn't lie. Be not conformed to this world, but be transformed. Renew your mind into God's word.

Get into the Psalms. If I were you, I'd read the Psalms every day. Psalm one, then Psalm two, then Psalm three.

You get 150, you get halfway through the year, repeat it again. And you're living in God's word, and that is what's shaping your thought. Because many people are not being shaped by God's word, they're being shaped by what's going on in the media.

Isn't that weird how so many Christians had all these different ideas of what was going on in America? These conspiracy theories, or this is gonna happen, or Trump's really not conceding, it's all a hoax, and he's really gonna run a shadow government, and what is going on? Where are you getting your information from? Not God's word. Again, be informed. Here's what I do.

I say, well, that's interesting, let's see. That's interesting, let's see. Let's see how things pan out.

We're getting a lot of information from groups that aren't godly. They're not Christ-centered. I've seen videos on this before, I'm sure you have too, but when a person goes to make a YouTube video, for example, or a conspiracy theory, you know what they're concerned about more than anything? Views and subscriptions.

Is this title gonna pop? Is this topic gonna pop? A couple million views on YouTube, they make a crazy living. Do you know top YouTubers like \$600,000, \$800,000 a month, they'll make a million dollars, some of these guys, a month if they have enough subscribers and enough views. A lot of these groups are focused on that, getting their views up, getting their subscriptions up, and we're buying it, and then we're upset and deflated when it doesn't happen.

So my point is, get your mind straight on the things that are of God. And things that are interesting, say, oh, that's interesting, I don't know. Now here's where it's gonna get a little convicting.

Are you ready? We also have something that affects our peace big time, what I call physical toxicity. In other words, what you consume may be consuming you. This is where I think of many people, many people are missing it.

For example, you've heard me teach on this before. Eating protein-rich foods, healthy ones, reduces levels of serotonin and increases dopamine. In other words, when you eat certain foods, good foods, they can increase alertness in this area, but the other, like eating carbohydrate-rich foods raises the neurotransmitter serotonin in the brain.

What is serotonin responsible for? Calmness and wellness in your life. So I truly believe, I've seen, I've studied enough on all types of how the body reacts to certain things. If you're not consuming life-giving, God-giving food, your body is actually hindered and hurt in the area of neurotransmitters.

Serotonin levels, dopamine, what happens too is GABA, GABA, aminobutyric acid levels are lowered, and then there goes your sense of well-being, and there's just so much, it's all true. And so if you're dealing with anxiety, you're dealing with fear, you're dealing with a lack of peace, you gotta start there as well. We

have to look at the physical as well as the spiritual and the emotional.

And the convicting part as well. What about, I've talked about this before, but I can't ignore peace and rest, and I'm talking about rest without talking about stimulants. It's hard to find peace if your body is constantly being excited, right? If we're constantly taking in stimulants all day long, the energy drinks, whatever it is.

I know it's getting convicting. I see people, oh no, but this is true. I'm just telling you the truth.

If you're constantly being stimulated, which is high strung, which is in your body's in a constant state of fight and flight, you're not gonna experience peace and rest. What's the number one addiction in America today? We know, come on. You're all gonna run to it in the morning.

Well, sugar too, yeah, that's a good point. But let's say, for example, if people take that caffeine in the morning to get going, and the caffeine at lunch to get going, and then they gotta stop and get a Red Bull or Monster drink and keep going, that's a constant state of fight and flight. Your body's constantly stressed out.

It's constantly high strung. You're robbing Peter to pay Paul. It's gonna be very hard to find peace and rest, and rest comes from a good night's sleep.

I love when people say, well, Shane, I fall asleep just fine. No, your body passes out. It's exhausted.

That's exhaustion. Your adrenal glands are fatigued, and you just crash, and that's why you can't get a good night's sleep. That's why you don't have good rapid eye movement, REM, and that's where the deep sleep occurs.

That's where you can actually wake up. Thank God I can finally do it now. I can wake up refreshed at four in the morning, wanna get out of bed, excited to read God's Word, and don't need a stimulant.

That only took 15 years, but it's possible, and I'm telling you because I wanna help. If you wanna truly find rest and peace, we have to stop abusing the things that are taking that away from us. Have any of you heard the Diagnostic Manual for Mental Disorders? All therapists use it.

All psychologists use it. It lists all the different disorders, and they have a section there for caffeine-induced disorders from panic attacks to all the anger and rage from all the things these stimulants were taking. So what kind of pastor would I be if I knew this but didn't tell you it? Well, let's just focus on, I can read the Bible all day long, but if I'm drinking 500 milligrams of caffeine, I'm gonna be a monster.

I just read the Bible. Yeah, but, get away from me. I'm irritable, I'm irritable, and I just, but I wanna find rest.

The Bible tells me if I find rest and peace, I'll just read the Word, be not conformed to this world, be transformed by the reading of your mind. Okay, but it's not working. Why? Because you're abusing your physical body, and the physical effects of spiritual, they go together.

So to find that rest, what about depressants? Alcohol, Oxy, Xanax, they are depressants, and they depress your body. The side effect of that is what? Irritability, restlessness, lack of sleep. You read the disclaimers on these things, you're like, I'll just take the depression.

Now, there's a time and place for medication. If you've heard me speak long enough, you know that. I don't totally throw it out the door, but I say it should be the last resort, not the first.

Many people run to that as the answer without looking at all. What I would do if I were somebody struggling with anxiety and fear, first and foremost, I would look at my mental diet. My mental diet, what am I feeding? What am I fostering? I would look at my relationship with God.

Is it solid? Am I in the Word? Am I devoting my time for prayer? Am I hanging around with Negative Nelly and Doubting Debbie? What's my mental life look like? Am I drawing close to God? And then I also look at my physical. Am I taking things in? I mean, the worst panic attacks I've ever had, you can ask my wife and stuff, was because of caffeine. Without a shadow of a doubt.

If you ever had those, they're debilitating. I figured it out, I just quit cold turkey once. I'm like, what is going on? I'm just gonna snap.

This is, it's because of side effects. These things are drugs, let's just be honest. I know it might upset you, but caffeine, go look up, is a drug.

Any type of stimulant that, it runs along the same biochemical pathways in your brain as heroin and other hard drugs. The same biochemical pathways in your brain. Same thing.

And so what happens is, okay, I'm struggling with depression, and I know a couple of my friends right now are struggling with anxiety and depression, so their doctor prescribes Xanax, and I tell them, you know, you might wanna stop drinking the 12-pack every day first. Correct? But see, we're taking that to mask this. So how's this gonna help that? And then now coming off of Xanax, you got a whole nother issue going on there.

Those you really have to wean off, taper off, because you can have some serious damage. But I would look at my mental diet, my spiritual health, and I would look at my physical health as well. The things I'm consuming, the things I'm eating.

And then if after all of that, after all of that, you know, I'm doing everything I could know to do. I'm seeking God. You know, if God leads you, then there could be something where they call serotonin inhibitors or serotonin uptake things, where you can actually take it, and it can increase serotonin levels naturally if it's a natural reason why you're low.

But see, we always start with the drug and not the primary cause. The primary cause of depression in our nation right now is hopelessness. Why aren't we pointing people to the Savior? We mask the real issue.

We put a Band-Aid on it without healing it. But I will tell you this, if you begin to, I would encourage you to find true rest. You've got to remove these things that are hurting you, and it's difficult.

There's withdrawals. You go through a difficult season, but God will see you through. God will make a way where there is no way.

If you want to truly change, take it to God. If you don't think what I'm saying is true, take it to God. Look on Google, right? It's always reliable.

And here's what I was also researching as I decided to take a sabbatical. I think this will help as well. It's an article that Pastor Abram actually sent me, and I have the link here.

We can share it if we ever need to. It might help you as well. Pastors and ministry leaders don't ever really clock out.

It's part of the call. The only means of real survival is to pull away from the demands long enough to restore. Everyone must come up for air eventually or die.

Well-rested leaders are those who have discovered how to continually come up for fresh air and breathe. And then he goes on to say, the primary reason we struggle to rest is that our identity is tied to the things that keep us running at a breakneck speed. And I begin to realize our identity is in the busyness.

It's hard to rest because we lose that identity. We feel like, basically, when I rest, I feel like I'm not doing anything. And I was raised that way.

When I was young, my dad had me driving semi trucks and operating heavy equipment at 19. And we were busy. You know what, your lunch break was as fast as you could eat.

That was your lunch break. Busy, busy, busy, get it done, get it done. Then weekends, get it done.

Then I get into 24-hour fitness. And that's all cells. And then I was over many gyms in our area, Valencia and Victorville and Palmdale and Lancaster.

If you're busy, you're successful. The busier you were. Had the phone available 12 hours a day, seven days a week.

And that's how we rated success, busyness. If you took, God forbid, take a two-day vacation, you felt like, oh, man, what am I doing? And people, you know, it's this image of busyness. And so God, I believe, wants to remove that from a lot of our lives.

We have anchored our sense of self to what we do for God. Therefore, we can never do enough of it. And if we stop, even for a short time, we feel a loss of self and fear of his disapproval.

So a lot of what he was doing in my heart is like saying, Shane, get rid of this thought that busyness is success. The church will make it if you're not there, amen. It'll still be there regardless.

I don't have to be here. I don't have to do things. I have to seek God.

And it's part of that maybe pride as well. Maybe, you know, having been available and being involved in something. But when God begins to strip all that away from you, so you're bare and only before him, you really, your eyes begin to open up to what he wants to do in your life.

We are running a marathon, not a sprint. And Martin Luther said, indeed, to preach the word of God is nothing less than to bring oneself into all the furies of hell and of Satan. It is the most dangerous kind of life to throw oneself in the way of Satan's many teeth.

So when you're in ministry, there is an element there of spiritual attack, constant spiritual attack, not only on your family, but when you pray with people, you feel their pain, you feel the compassion, you pray with them. I mean, the fruit that we're seeing in the prayer room alone is amazing. And when you pray with people, you take on that burden.

And it's a spiritual battle. I'm more exhausted sometimes after a full day here than a full day in construction, because it's very taxing emotionally. It's very taxing spiritually.

And not only that, the demonic elements here, demonic demons will put ideas into people to be critical or to bash the church, and he'll begin to use a critical spirit. And now you've got other people coming against you. You've got maybe something in your own family coming against you.

You have your own demonic oppression coming against you. You have so many different dynamics working in ministry. It is taxing because it's an onslaught of attack on a regular basis.

Even many of you feel that, I'm sure, too, when you do things for God. And so having that rest really recharges the battery, so to speak. Refusing to rest will eventually mean that the demands of the call require more than you have to give.

Rest will keep us from hitting that wall. And I like what he said here. A fatigued leader is essentially a different person than the leader when they are well-rested.

A fatigued leader is discouraged and weary and perhaps even irritable. Rest restores emotional energy. When we lead from an unrested, exhausted, fatigued place, we lead unwisely.

And so if we're constantly under stress, we're constantly feeling the brunt of what this world is giving us, and we're never having that time to rest and recuperate. It's like a body. When you work out, do you remember working out? It's like always being in that workout stage.

It's like always doing the curls and then holding it there for a week. It's actually when you rest, it's when you rest is when you develop. For example, muscle isn't built when you lift weights.

It's torn down. And then when you rest, it's rebuilt next time to handle the load at a greater pace or a greater load. And so the breaking down is important, but the resting is vitally important.

And that's why so many people even are sick physically is because they're not getting enough rest. That's when the body repairs itself. So all of you out there are proud of your four or five hours of sleep.

You better pick that up a little bit. You need some good deep sleep a little bit longer to truly rest. But I wanna give you a closing contrast.

God said in Psalms and in Hebrews, I swore in my anger that I will never let them enter my rest. Now the context, many of you know, is when the Israelites failed to enter the promised land and have rest from their enemies. That was the context.

But in Hebrews, he says something interesting. It might not be for many of you here right now, but maybe those listening. God said, I swore in my anger, they will never enter my rest.

So he was upset at the children of Israel. Basically they're disgruntled. So if you think being disgruntled isn't a sin, guess what? It was a pretty disgruntled and complaining are big sins because it's a sin of the heart, especially for God's people.

And so he said, because of that, I'm not gonna let them enter my rest, which is the rest from their enemies. But then Hebrews talks about the ultimate rest, where as a person who doesn't know God, they repent, they believe in God, they have the ultimate rest. They have the rest of God for eternity.

And so you will never know the peace of God. You will never know the rest of God until you know God. So maybe some even out there listening need to make that decision tonight.

Do you truly have that peace of God? The peace that surpasses all understanding, the peace that you know, that you know when you leave here, you'll be present with Christ. The peace knowing that you are good with God, not because of your own good works, but because of what Jesus Christ has done for you. And because of that, we can rest in the long-term rest of God.

This is a serious matter. When he said, they will never enter my rest, are you going to enter the rest of God? That final decree, that final eternal decree where we rest in the goodness and grace, and that's the final rest, that's the ultimate rest, amen? We have never even experienced anything close to that here. So I wanna encourage you, if you don't know, if you don't know who God truly is, not a concept of God, not an idea of God, not you're a good person, not you're raised in a Christian home, not you read the Bible, not you, well, you think God's this, and I think God's in all of us.

No, do you truly know the one true and living God because you repented of your sin and embraced Jesus Christ as Lord and Savior? That's how we're going to reach a dying world, are we not? The suicide rate, they're calling it epidemic in young adults, Google it. Epidemic in young adults, get why? They have no hope, they have no peace. You think this administration, this new administration is gonna fix things? People are gonna need hope, hope and peace.

We need to point them to the hope and the peace, and we do that by having our own hope and peace in our own hearts. And I wanna just encourage you, if your heart is a mess this evening, if you're just in turmoil, maybe fear, maybe doubt, confusion, it's okay. We all, all of us go through a lot of those similar emotions.

It's just something about coming forward, acknowledging and saying, God, I need to deal with this anger or I need to deal with this fear. I need to deal with this, this uncertainty, this confusion. I've been listening to all the wrong voices.

I'm stepping out and I'm acknowledging that tonight. God, would you cleanse me? Would you give me that peace that surpasses all understanding? Lord, I'm coming back to you. Maybe not in a relationship way, but in a mental way where we've been letting too much of the world distract us.

Just let God minister to your heart. Do you know God can minister to your heart? God can, that's what worship is. God is ministering to our heart as we sing to God, as we open our hearts to God, he begins to minister.

He begins to grab those weak areas or those areas where there's been hurt and those areas of maybe pride and arrogance. He begins to heal those areas as we worship. It's powerful.

Lord, everything from a critical spirit to someone dealing with fear and anxiety, Lord, release us of that tonight. We give you everything. Pride has no place in the heart of a believer.

Would you remove that tonight? Begin to give us hope and peace, Lord. Although the future seems dim based on what we see, we know you can work behind the scenes. And Lord, we pray that you do for the sake of our children, for the sake of our grandchildren.

God, would you bring an awakening? Would you save those in the Senate and Congress and the presidency and even in Sacramento, Washington? God, we need a mighty move of your spirit that will be undisputed. They'll know you are moving. You are on the throne.

God, we know you hear the prayers of your people. We ask this corporately to revive your church. In Jesus' name, amen.

Audio: <https://sermonindex1.b-cdn.net/31/SID31778.mp3>

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