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1 THESSALONIANS 5:23-28

Series: Real Christians in Challenging Times

Welcome to Calvary Chapel Living Hope. We're grateful that you're joining with us today in our Bible study. You know there's a lot of people that are feeling tired in their lives. Maybe tired of all the kinds of things that are going on. They're weary and they're needing some kind of encouragement, inspiration, energy. We're going to talk about that today as we look at God's word. He has some things that are going to impact our lives. It's my prayer that by the time we're done with this message today you'll experience more energy inside of you that God wants to produce. That you'll be able to experience less tiredness as you go forward into your week this week.

Let's pray together.

[PRAYER] Heavenly Father, we come to you now to ask for your grace for today. We know that when Jesus taught us how to pray He taught us that we should come and ask for our daily bread. We know, Lord, that we need to come to you often. Not just once a week, but daily, regularly. We come before you, not only ask for our nourishment, but we need nourishment for our *nephesh*, our soul. We need that refreshment that comes from you. So Lord, we're asking today as we look at your word that you will inspire us, that you will encourage us. You'll give us what we need for our day as we try to continue to live in a world that's challenging. We ask you to give us our grace for today. In Jesus' name, amen.

It's been our privilege to study the book of 1 Thessalonians for the past several weeks. In fact we started the book of 1 Thessalonians the first week of the pandemic when we were unable then to be part of the other things that were going on. So we were able to enjoy the experience of the study of God's word right from the beginning there and it's taken us all the way till now. Today we're going to finish this book in the book of 1 Thessalonians. Now this is important because the book of 1 Thessalonians is a book that helps people deal with challenges in their lives. Many people have said this book was just the right thing we needed at this time. I totally agree. This is a great opportunity for us to learn from God's word, experience Him, and enjoy what God has for us even in the midst of challenging times.

I think, though, that the way people answer the question "how are you doing" has changed since the pandemic. Before the pandemic people were answering that question "how are you doing" by saying things like "I'm busy and I'm tired". But people have changed the way they answer that. Have you noticed that? When you say to someone, "How are you doing?" often they'll just say, "I'm tired." They're not as busy anymore it seems. They're not taking their kids from here to there to get them to their different activities. They're not commuting to go to work for the most

part. They spend a lot more time indoors. Maybe that's why we're gaining a little bit more weight. We're just not as physically active, yet we're still tired. What is that tiredness all about?

Well there's more tiredness than just physical body kind of tiredness. I think the weariness we experience is something on the inside. Something about our very hearts that we're experiencing in our lives. What is that that we experience? You know one guy said to me recently, "I'm getting tired of working at home. It used to be that I would take that commute, just a short commute, to work, but it was a break between home and work. I don't have that break now. It's just all conglomerated together and it's hard for me to distinguish time from home, time from work because I'm working from home. I'm tired of working from home." That tiredness is something deeper than physical. It has something to do with our soul or our spirit, our heart.

Someone else told me, "I'm tired of all the politics." What they mean by that is all the politicking that's going on with the negative evaluations of each other and name calling and all this kind of thing. It's just so frustrating to listen to over and over, and it intensifies particularly right now.

"I'm tired of this," someone said. And I know that many have said, "I'm tired of just worshipping at home. I want to be with people at church." But the pandemic has kept many from being able to do that. Now we do have the Barn. We'll be back to the Barn in a couple weeks and we'll enjoy that for those who are able to be a part of the Barn. But there's this "I'm tired of this." That tiredness is deeper on the inside.

It reminds me of the words of Jesus when He said – *Come to me, all of you who are weary and heavy laden, and I will give you rest.* Weary. Weary from the journey. I think we can all become weary from the journey. But there's something there that God wants to give us. Even in the midst of the journey He wants to give us the rest.

Now there are two ideas in that passage. One is *come to me* and the other is *I will give you*. In other words there's a human part and there's a part that God has. So we have both of those together that empower this rest inside of our lives.

I want to talk today about this *come to me* and about the *I will give you* that God does for us in the Christian life. I want to do that by looking at our verse, the last verse of the book of 1 Thessalonians. We've come now to the end of the book and we want to see how Paul ends this book for the readers. So look there with me at 1 Thessalonians 5 starting in verse 23. If you look at verse 23, it says this: *Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.*

I'd like to make three observations from this passage and you can jot these down in your workbook. This will be the final page of your workbook that you can use. I want to know first of all the word *sanctify*. The word *sanctify* is the word set apart. When you take a vacation you set apart a week or several days. That's going to be the time you set apart in order to take your vacation. Or if you're going to take a day off, you work hard to set that day apart. It becomes your day off and you don't like it when someone bothers you because that's a set apart day on your day off. That sanctification is this being set apart and God is doing this sanctifying work

inside of us. He's moving us from where we are to where we need to be, and that sanctification takes us further and further into this rest that God has for us. That doesn't mean absence of conflict or absence of problems or absence of challenges. But it does mean that we can experience peace in the midst of those challenges. Sanctification is this gradual process of God peeling off the stuff that entangles us with the earth. And different challenges reveal different areas where we've kind of been entangled with the earth, with human things, earthly things.

For example, in not being able to go out as much I realize how much I embraced my freedom to be able to get in my car and be able to drive wherever I want. I can't do that as much anymore. It creates a challenge for me. God is teaching me how to live at peace within that challenge. You have challenges that have demonstrated themselves over the last several months. Whether they're from the pandemic or other things going on in your life, those challenges are there, but often those challenges reveal areas where we need more sanctification. And what God does is He works inside of us to sanctify us so that we can experience more rest or more peace.

The idea is that the more we grow in the Christian life, the more and more we're able to tie in our emotions and our spirit and our soul to the things that matter, to the things that are going on inside. We're not so easily disrupted by a disagreement by someone else, or an argument with this person, or a frustration that takes place. Those things don't bother us as much because we have this sanctification going on. So when God uses the word 'sanctification' it means He's moving us more and more toward rest.

Now maybe you think of the word 'sanctification' as work. Well because sometimes it does require work. If you're going to take a day off usually you have to work to clear your schedule, you have to work to set that day apart so that you can experience rest. God does the same thing with us. He wants to sanctify us. He wants to pull away those things that are getting in the way that prevent us from enjoying rest the way He would have it for us. That's the first thing I want to point out from this verse.

The second thing I want to point out to you is who is doing the sanctifying. Now remember in our verse I started at first it says – *Come to me, all you who are weary, and I will give you rest.* Well in this passage notice it says – *Now may the God of peace.* Of all the attributes of God, Paul chose to take the one about peace. *The God of peace.* The one who provides tranquility. May He be the one to give you this sanctification. So God wants to do it. And notice the last part of the verse – *He who calls you is faithful; he will surely do it.*

When we think about sanctification it's really encouraging to me to recognize I don't have to establish this all on my own. God is the one provides this. I just need to position myself under His grace so I can receive it. God wants to do a work inside of me. He wants to give me more rest. I just need to come to Him. *Come to me, all you who are weary.* But sometimes I don't come to Him. So when we start coming to other things, we start going to this activity or this substance or this entertainment or something like that, we miss out on the real healing, the real *nepshesh*, the real rest that God wants inside of our hearts. God wants to do it. And it says in the end – *He will surely do it.* But we need to come to Him in order for us to receive that grace that He wants to give to us. That's the second thing I want to point out. The first thing is sanctify, that

sanctification is leading more and more toward rest. Secondly, the God of peace is doing that inside of us.

Thirdly, I want you to see how He does it completely. Notice it says there are two words. *Completely*. It's not just a little bit. He wants to do this completely, thoroughly. He wants to do it through and through inside of us. He wants us to be wholly rested, truly rested in our lives. And notice He says He wants to do that in our *whole spirit, soul, and body*. The whole thing. He mentions the word *whole* as in complete or full.

Well the spirit, the soul, and the body. Now when we talk about those three things what He's looking at a person is a holistic being. We tend to divide ourselves up. If you have a physical ailment like your stomach's bothering you or something like that, then you end up going to a doctor to help you. But if you have a problem in your *nephesh* (that's the word *soul*), the New Testament word is *psuché* where we get our word 'psychology' from. If you're having a problem there, then you go to a counselor. If you're having a problem in your spirit, then you go to a pastor. Well I think that's a little bit unlike what God does for us. God is more holistic. God wants to provide this sanctification for our spirit, our soul, and our body. He's holistic in His approach. It's amazing to me how complex our person is and how things that are going on in our mind affect our body. Things that are going on in our body affect our soul and our spirit. God wants to do a work inside of us that is holistic, it helps us address all of those things that are going on in our lives. He wants us to be able to experience that.

So in these last verses (we'll go on to the rest of them in a moment), but in these verses where he's talking about this sanctification, he's saying God is going to do this in our lives. But we have to remember that these two verses follow verses 12-22 which are all about things that we do and that God wants to do in our lives. So as you're pursuing sanctification and rest and wholeness in your life, I want to bring you to ten questions. These ten questions each represent a sermon over the last few months from 1 Thessalonians 5:12-22. Ten different sermons, each raising a question, but each giving us the part where we come to Him. This is what we do in order to experience the sanctification that God wants to do in us. God does it. We must come to Him. So that's what we want to talk about.

I want you to look at these ten questions with me. Now if you look at all ten questions and try to do all ten of them at the same time, you're going to get tired just looking at the list. So I would suggest you would watch for one. And when you get to the one that you think God is speaking to you about, that you say, "Yes, Holy Spirit, I'm just going to write that down here. I'm going to write that down." Just a key word, so that you can go back and look at that, you might go back and listen to the sermon again. But it's something that God can use in your life to meditate on that portion of God's word to start this renewal process. Because God wants to sanctify you in that area to help you experience a little bit more rest for your weary soul today.

So let's do this. Let's go to this list of ten questions. Let me show them all to you. But we're going to take them one at a time and I'm going to show you what they look like and how we can proceed with them.

Question #1: Are you gaining as much as you can from the authorities in your life?

There is an attitude that Christians have when it comes to authority that's different than non-believers. This characterizes us. Let me show you the scripture it comes from in 1 Thessalonians 5:12. It says – *Respect those who labor among you and are over you in the Lord* (that is they have authority over you in the Lord) *and admonish you, and to esteem them very highly in love because of their work.*

When we looked at this particular idea of authority, we identified not only spiritual authority, that is a pastor or other people you put yourself under authority in the church, but also we talked about government authorities, we talked about parental leadership and how when we put ourselves under leadership we can gain a lot from them because they help us determine right and wrong. They help encourage us. They provide us with direction. All of those things are very important and they contribute to this ability to experience more vitality in our lives than weariness. So maybe that's one of those areas that God is speaking to you about that you would consider in your life. God wants you to get more out of the authorities in your life.

Let's go to the second question. Question #2: Are you able to practice peace on a daily basis?

If we look at the scriptures in the next part of the verse, in verse 13 it says – *Be at peace among yourselves.* We talked about whether this would be at peace among yourselves referring to the way you treat each other, be at peace in relationships. Or maybe it's saying practice peace when you're with each other so you can grow in this idea of peace.

We talked about how peace usually refers to giving up something. You have to give up your guilt. You have to give up your self-blame. You have to give up your anxiety or your anger. You give up something. And then you have to receive something because it's supernatural. *Come to me* (that is you give up something) *and I will give you rest.* The same thing is true about peace. God wants to give us peace in our lives. That peace requires practice. It means in the daily practice in our lives. What does it mean to be peaceful in the moment right now? That idea of practicing peace is strategic. Maybe God is speaking to you about taking some time and just practicing peace because peace energizes your vitality and counteracts the weariness that sometimes we experience.

Let's go to the third question. The third question deals with others and other relationships. Question #3: Do you feel confident to help other people deal with their issues?

Let me show you the scripture related to that one. It says – *Admonish the idle, encourage the fainthearted, help the weak, be patient with them all.* We talked in this sermon about the idea of all the various tools we need in our toolbox in order to help someone who's in need. I suspect some of your weariness might have to do with relationships and knowing how best to respond to someone who might need help. Maybe they're doing the wrong thing. Maybe they're just weak, they need help. I don't know. But the weariness that we experience is often relationships draining us. God wants to do something in that area, so He gives us more tools to address those challenges that we face.

And notice the last tool in that verse He says – *Be patient with them all*. That patience we looked at that as part of the fruit of the Spirit. We looked at what it means to be patient with all. Sometimes it means just giving more time. Sometimes it means enduring pain. Often it means being calm in all kinds of situations. What we're trying to do is demonstrate that patience because everybody needs that, including ourselves. And when we give people patience it's contributing a little bit more to our ability to experience vitality and not be so agitated by the things that are going on. So think about that. Maybe there is some work that needs to be done in your own heart when it comes to relationships, increasing your relational toolbox as you see in that one.

But maybe there's something else. Let's go to the next one. Question #4: Are you pursuing goodness?

Let's look at the scripture where that comes from. Notice it says in verse 15 – *See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone*. The idea here is to pursue goodness. You don't want to be in a place where you're repaying evil for evil. People who have a justice mentality are unhappy people. Those are the people who say that's unfair or there's an injustice, I need to right that wrong. So they get back at someone or they get revenge or they just try to straighten people out in ways that aren't appropriate and they are repaying evil for evil. God is saying that's really going to mess with you. You are not going to be at peace in your life, you are not going to enjoy calmness in your soul if that is your goal. So if you have a problem with that, you're cutting people off because they cut you off or whatever on the road, you have a problem. It's going to increase your anxiety and your tension. You're not going to have the goodness.

So part of the sanctification process, God wants to do this in your life, is to free you up to focus on the good. To seek to do good to one another and to everyone. We're looking for ways to do good, to bless other people. Focusing on goodness and caring for other people does something to us. It just refreshes us. It's part of our part. God wants to sanctify us, He wants to do the work, He wants to provide rest for our weary souls. But we must do our part in order to position ourselves under the grace of God. And if we have a commitment to doing good to others as a Christian, that could really help us as we're moving forward.

Let's look at another one on the list. Question #5: Is your joy level high?

Let's look at what it says right in the middle of this passage. Two words. *Rejoice always*. When we looked at that passage, we saw that the word *joy* or *chara* is very closely knit to the word *charis* which is *grace*. The key to being able to rejoice always is to be able to see God's grace in any and every situation. That is the key to understanding this idea of rejoicing always. Because people come to this verse and they go, "How can I rejoice always? I just got a flat tire in my car." If we can see God's grace even in the midst of struggles that are going on, then we can be joyful. This moves our feelings of weariness from our circumstances over to the something that's going on on the inside. That's what God wants to do. When he says *rejoice always*, it's this focus on God's grace and what He's doing at any moment. Wow. What a powerful thing we can learn from and experience. It's going to contribute to less weariness in our souls.

Let's go to another one. How are you doing on this one? I hope you're making this a little report card for you. Maybe next to them you're putting like a little tick mark or you're jotting these words down. Because you're going to take them in a certain order. You may come back to this list or take a screenshot of this so you can remember it and keep this list in your mind and in your heart. The next thing is Question #6: Are you accessing God's grace each day?

Let me show you where we got that one. In the next verse it says – *Pray without ceasing*. In other words, go access God's grace every day so you can experience what God has for you. On that Sunday we realized that in one passage of scripture it talks about how God has answers to prayer ready for us, even before we ask Him. We also looked at the other verse that said why don't you receive from God? Because you don't ask. And we concluded from that that there are some conditional gifts of God's grace that don't come down to us unless we come to Him.

Come to me, all you who are weary and heavy laden, and I will give you rest. We don't come to Him. We need to practice coming to Him because some of His grace packages and gifts are gifts that are conditional and only come to us when we ask for them. That is big and that will motivate us to pray without ceasing because we now know God has gifts for us that He wants to give to us. We just need to come and talk to Him and experience His blessing in the midst of all of that. So you want to be praying. You want to be praying regularly for what God has for you. It's part of the experience of sanctification, this moving toward vitality instead of weariness in our lives. Maybe that's the one you're going to mark off that God would lead you to. Remember you don't need them all, but to start off God will lead you to one and then maybe another as you're moving forward.

Let's go back to that list and see what else is on there. Question #7: Are you experiencing a lot of gratitude?

Oh we had fun with this one. Let me show you the actual verse where that came from. It says there – *Give thanks in all circumstances*. We had fun with this because we saw that gratitude is even recognized in the world as the greatest mental health exercise that someone can engage in. So as Christians, of course, we want to give ourselves to the Lord and we recognize the power of the gratitude and what to do with it.

You see when we give thanks or are grateful, those are outward expressions of an inward gratitude or inward heart quality. When we recognize that, we recognize that when we're being grateful we can't be also experiencing some of the other problems that we have with anger or anxiety or complaining. You can't do that when you're also experiencing gratitude. God wants us to enjoy the Christian life. When we're grateful for things we have instead of complaining about things we don't have, then we're experiencing contentment. The ability to be able to enjoy what we have within boundaries. Wow. That is big. The gratitude component is something we need to work on regularly. Maybe that is something that God is speaking to you about. You'll mark that off as part of the sanctification process that you know that God wants to do in your own life.

Let's go to another one. Question #8: Are you unleashing the power of the Holy Spirit in your life?

We got that from the words in the next verse. It says – *Do not quench the Spirit*. The Holy Spirit is powerful. He’s working inside of us. We can quench Him by getting dirty stuff into our life, by being too busy to listen to Him, or just by pushing off the promptings that come to us. But it’s not just quenching the Spirit in our own life. Sometimes we quench the Spirit in someone else’s life by criticizing them or trying to play the Holy Spirit and trying to judge them or do whatever. What we want to do is allow the Holy Spirit to work in someone else’s life as well. So we have to be careful about this quenching the Holy Spirit. The Holy Spirit provides this solution. He provides power. He provides vitality for our lives. That requires practice to allow God to do that.

That’s one of those that maybe you’re going to mark and say, “I need that in my life. I need to work on the Holy Spirit’s power in my life more.” We talked about in that week how you have the power to resist or receive the power of the Spirit of God. You have that privilege. You make that choice. If you continue to look for ways to unleash the power of the Holy Spirit in your life, you will experience more rest for your soul.

Well let’s go on in the list. We come to the next one. Question #9: Are you hearing God speak?

Often we need to hear God speak into our lives because it helps us remove some of the bad thinking that we have or bring some encouragement into our hearts. We get that from this passage in verse 20. It says – *Do not despise prophecies, but test everything*. Prophecy is the ability to be able to speak God’s word into a specific situation in a way that applies to that situation. That’s one of the benefits with being with other Christians because we talk about the Bible. “That reminds me of a verse that might be helpful in this situation” and that word of prophecy comes in and touches you and me in a way that we need.

Prophecy is powerful. It’s the ability to hear God’s word. We have to test it. Because when someone speaks sometimes it might be their humanity that’s getting in the way and we need to be able to evaluate is this really something for me. Is this person really taking this verse in the way that God intended it to be used. When we do that then we can evaluate what’s good for us. When we do, then God can speak to us and that adds to our ability to experience vitality instead of weariness in our lives. I trust that you will value God’s word, hold it high in your life so that you can test when someone says to you a word, but you’ll also be able to share a word of prophecy with someone else that says “You know, I was just reading about a verse that might be helpful for you,” and you’re able to share it with them in a way that’s important or helpful.

Let’s go to the last thing on our list, the sermon from last Sunday. Question #10: Can you tell the difference between what’s good and what looks good, but is really bad?

The verse in the Bible says this: *Hold fast what is good. Abstain from every form of evil*. We talked about how do people get sucked into evil? Why would anybody want to do something like eat food with maggots on it? Why would you do that? Well it’s because of the sin nature that we have. It’s because of the world system that hides the maggots. It’s just this we need to hold onto what is good. We need to be able to determine the difference between good and what looks good. Because the world says there’s a lot of things that look good out there and we get sucked into participating in things that are really evil and they damage us, and then they contribute to this

lack of peace inside of our lives, the lack of what we need to have and what God wants to experience in our lives.

Now those ten things that we see in that passage, if you pick one of those and you say, “Lord, I think you’re speaking to me about this area of my life. I want to listen to you. I want to come to you. I want to put that into practice. When you say *come to me all you who are weary and heavy laden*, Lord, there’s one area where I think there’s a solution here and I want to come to you. I need the rest that you’re going to give me.” That’s what God wants to do in your life and my life.

That’s why Paul continues now in these verses that we just are looking at today. *Now may the God of peace himself sanctify you completely* (in every one of these ten and other areas), *and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.*

God wants to do a work in each of our hearts. He wants to give us the daily grace that we need today. He doesn’t just want us to experience weariness from bodily tiredness. He wants us to experience something bigger inside. Something that’s contributing not just to sleeping more so that we can have more rest, but something that restores my soul.

It reminds me of the psalmist David when he wrote in Psalm 23 – *He leads me beside quiet waters. He restores my nephesh.* That’s the word *soul*. My *nephesh* just needs to be restored by the Lord. He wants to do that inside of me. He wants to revive my Spirit. He wants to give me what I need in my body, soul, and spirit. Holistically He wants me to experience all the blessings that I can enjoy of the Christian life right now. You see each one of us find ourselves in challenging experiences. When we do, those challenges create tension. We get upset about those. God wants us to experience rest. He does that through sanctification, but it requires that we come to Him and He will do it, it says. I love those verses and how strongly they’re communicated in that passage.

Well let’s complete the book by looking at the last few verses here. These last verses are ones that just give us three more commands in closing. So Paul as he’s closing the letter, he writes to these people and he says – *Brothers, pray for us.* Wow. We all need that. Even the apostle Paul says *pray for us*. Because prayer is that connection that we have with God that allows someone else to be blessed through our prayers. *Brothers, pray for us*, Paul says. Oh I love that. I hope you’re praying for me as I’m praying for you. We’re praying for each other.

Then he says – *Greet all the brothers with a holy kiss.* Well that’s an interesting verse, especially in our times. I’m sure that was pre-COVID times. The holy kiss was they’d greet each other and then they’d kiss just to greet each other, but there was a way to do that in a holy way that says this is special, we are connected. And you and I know that, don’t we? I mean that’s why we shake hands, or hug, or even do fist bumps, or now we’re doing air waves or whatever. But there’s this greeting that takes place that helps us feel connected. It’s the beauty that we have of being part of a fellowship.

I hope that you’re committed to a fellowship and I hope Calvary Chapel is your church home. It’s an opportunity for you to be with other people, whether it’s electronically or in person, and

greet them. That's why it's so important to me to do a live greeting every Sunday morning. Even today in our worship service we started at 9:45 and we had that greeting time. We're able to greet the different people and what's going on in their lives. I hope that you will take time and greet people. Come on at 9:45. It's a greeting. In fact that's what he's talking about here in the passage. Greet one another. Not going to use a holy kiss right now, but the greeting is very important as we're relating to each other and welcoming each other and encouraging each other.

Next he says this: *I put you under oath before the Lord to have this letter read to all the brothers.* Now this is Paul's first letter he ever wrote. He wrote it to some people he'd only known for a few weeks. He left them for a period of time and he's wondering about what happened. Timothy comes and brings word and says they are doing great and Paul says ah that is so good that God's church is doing great even without me. I'm going to send them some more instructions of what to do. So he says you guys need to read this out loud to all the brothers. Let everybody hear this. Every man, woman, and child needs to hear the messages that are shared in this book of the Bible. I hope you will take time and read God's word regularly, whether it's this book or other books of the Bible, God wants to do a work. He wants to share with you in your own heart. I hope you will take an opportunity to apply this last verse in the book of 1 Thessalonians 5:27.

And then the very last thing he says is something we all need in verse 28. *The grace of our Lord Jesus Christ be with you.* Because that's what's going to help you get through your day. That's what's going to help you to take advantage of today and receive God's daily grace in your life. You see in order for you to experience vitality instead of weariness, you need God's grace every day. Where does that grace come from? It's not just this metaphysical thing. It is something that comes from the Lord Jesus Christ Himself. God imparts this grace to you so that you can go out of here today and say yes, God has given me what I need inside of my heart to experience rest from the Lord so that I can bless others.

We are in a great time. The times right now are so good because people are feeling pressure. And when the darkness is so pervasive, the light shines so brightly. People need to hear the message of the gospel. You have things inside of you that need to come out for other people to see. So I say to you: *May the grace of our Lord Jesus Christ be with you.* I trust that God will use this passage, this sermon in your sanctification, He will use all of these verses for you to be able to pick something. What does God want to do in your life? Continue to enjoy the adventure of the Christian life.

Let's pray together.

[PRAYER] Father, we thank you for what you are doing in our lives. Lord, we are facing many challenges in our lives, so we ask that you'd renew us. Give us the ability more and more to be able to rely on what's going on inside of us than relying on what's going on outside of us for our emotional and spiritual health. Lord, we ask that you would give it to us now. We need it. I pray for my brothers and sisters here. Many of them hurting in significant ways. Sickness, financial pressure, job loss, just relational tension. Lord, I pray that you would give rest in the midst of weariness. Thank you that you said you will do it. We trust that you will. In Jesus' name, amen.