

FEBRUARY 4, 2018

## SUNDAY WORD

WWCF CEBU NEWSLETTER



# Soul Cleansing

## PART 1 - RESTLESSNESS

We are not a body with a soul, but we are a soul with a body. Whenever you die, your body dies but your soul lives somewhere forever. We are not a body with a soul, but we are a soul with a body. In fact, when God created Adam this is how it was described in Genesis 2:7, "Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being (NIV)." He took the dust and the clay and made that into his body. That was the outer covering for our soul. Then, God breathed into his nostrils the breath of life, and the man became a living being. This body is just made of soil. Thus, we are not a body with a soul; we are a soul with a body.

If you know the story in Genesis about Cain and Abel. They are brothers and Cain got jealous of Abel's sacrifice being accepted. So Cain killed his brother Abel. And God actually cursed him in Genesis 4:11-12, "11 Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. 12 When you work the ground, it will no longer yield its crops for you.

You will be a RESTLESS wanderer on the earth (NIV)." Of course, our bloodline Page 1 of 5 did not come from Cain but from Seth. However, many of us are restless wanderer. We are ALWAYS SEARCHING but NEVER FINDING. We are interested in EVERYTHING, but satisfied by NOTHING.

### HOW DO WE FIND REST IN GOD?

#### 1. BE STILL BEFORE GOD

Psalm 46:10 - "Be still, and know that I am God...(NIV)" Be still! Notice the Psalmist doesn't say, "BE BUSY and know that I am God; BE PRODUCTIVE and know that I am God; BE WORRIED and know that I am God; BE ALL REVVED UP on the inside and know that I am God." The word of God says, "Be Still" - Stop, pause, wait and know in your soul that God is on the throne: Be still and know that I am God.

Sometimes you have to take CONTROL of your soul and just SILENCE your soul. Say, "Soul be still, quiet, quit running; sit down soul and be still!" If you are restless in your soul, one of the most important disciplines you can do is be still before God everyday, for the sole purpose of knowing Him, and nothing else. Be still and know that I am God.

You must be at rest in your soul. Be still before God so you can calm down. The second thing that Scripture teaches us to do when we're restless is:

#### 2. WAIT FOR GOD.

Psalm 37:7a - "Be still before the Lord and wait patiently for him (NIV)." Waiting is difficult. Am I right? You can't even wait for me to finish my sermon. We are such an impatient society! Our prayer is, "God, give me patience and give it to me now!" People say all of the time, "How do I hear from God? I don't know what God is saying!" Wait for Him! Stop, wait, and listen.

Be still and wait on God. Psalm 130:5-6 - "5 I wait for the Lord, my whole being waits, and in his word I put my hope. 6 I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning (NIV)." How does a watchman wait for the morning?

In the Old Testament the watchmen would stand on the wall and they would watch for approaching enemies and they would know when the morning comes, the shift is over and they can see and they don't have to watch anymore. And they know every day the sun is going to come up. Have the same divine expectation that just as the sun is going to come up, God is going to show up. You and I just have to wait. And the third thing is, I want to encourage you that as you're waiting and being still.

#### 3. REFLECT ON GOD'S GOODNESS.

Psalm 116:7-9 - "7 Return to your rest, my soul, for the Lord has been good to you. 8 For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling, 9 that I may walk before the Lord in the land of the living (NIV)."

If you are a follower of Jesus, you need to understand that He has forgiven you, that you are a new creation in Christ, that the old is gone and the new has come and that should bring rest to your soul. God will not hold your sins against you, but they forever are cast into the sea of forgetfulness. He will not hold your sins against you, that should calm your soul. You reflect on who He is, that our Lord God is the Alpha and the Omega, He is the Beginning and the End, He is the First and the Last, He is the One who was and is and is to come.

We follow Jesus who is the Lamb of God and He is the Lion of Judah. He is the soon returning, conquering King of kings and Lord of lords. We serve a God who is so big that He's working in all things to bring about good for you, Those who love Him and are called according to His purpose. He says that you will be blessed coming in and blessed going out.

Live out the fruit of the Spirit; Love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control. We're not driven by the desires and needs and flesh of our body, but our soul is full of the goodness of God. You are not a body with a soul; you are a soul with a body, that's who you are.



- 1.) What makes you restless and anxious?
- 2.) What do you do when restlessness seems to overcome you?
- 3.) Do you find it hard to trust the Lord's promises and be still, share ?

**Pray for each other in your group.**