



GLC  UPGRADES

# THE LEADERSHIP H.E.A.R.T. OF JESUS

SESSION 4: THE RESTED AND TRUSTING HEART

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**THE LEADERSHIP H.E.A.R.T. OF JESUS: SESSION 4**  
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## The Leadership H.E.A.R.T. of Jesus

HOPEFUL HEART  
ENDURING HEART  
AFFECTIONATE HEART  
RESTED HEART  
TRUSTING HEART

### **RESTED HEART**

**Aptitude of Rest**  
**Attitude of Rest**  
**Action of Rest**

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#### **Aptitude of Rest: *Knowing God and His Will***

“Knowing God and His will” means:

1. Understanding who God is and what He wants; &
2. Agreeing that God’s purposes are for our best.

*“Our heart is restless until it finds its rest in God.”*

ST. AUGUSTINE OF HIPPO

*“There is a God-shaped vacuum in the heart of every man that cannot be filled by any created thing but by God alone.”*

BLAISE PASCAL

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## **Biblical Basis of Knowing God**

*He says, "Be still, and know that I am God; I will be exalted among the nations; I will be exalted in the earth."*

PSALM 46:10

## **"Be Still and Know that I am God"**

1. *to know God's Lordship over nature and history;*
2. *to be aware of His total capacity as our protector; and*
3. *to acknowledge only His authority.*

*Since God is God, we must cease our efforts to usurp His sovereignty.*

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## **Attitude of Rest: Waiting on God and His Will**

“Waiting on God and His will” means:

1. Wanting God and what He wants more than anyone or anything in the world; and
2. Aspiring to seek God and desiring to fulfill His will always.

*“The deepest cry of the soul is for REST.”*

EDMUND CHAN

### **Biblical Basis of Waiting on God**

*Wait for the Lord; be strong and take heart and wait for the Lord.*

PSALM 27:14

*Wait for the Lord, and keep His way,  
And He will exalt you to inherit the land.*

PSALM 37:34A

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## Action of Rest: Walk with No Worry

1. “Walk with no worry” means: “aligning our lives to God’s calling and purpose” (Edmund Chan); and
2. Refusing to panic in doing God’s will.

*“Resting in God – abiding in his presence – is the only way we can be successful in what He has called us to do.”*

MIKE BREEN & WALT KALLESTAD,  
A PASSIONATE LIFE

## Biblical Basis of Walking with no Worry

*. . . But one thing I do: Forgetting what is behind and straining toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

PHILIPPIANS 3:13b-14

*Therefore I tell you, do not worry about your life. . . So do not worry, saying, “What shall we eat” or “What shall we drink?” or “What shall we wear?”. . . Therefore do not worry about tomorrow, for tomorrow will worry about itself.*

MATTHEW 6:25a, 31, 34a

## From Restlessness to Burnout

*The rested heart knows and waits for God and His will, and walks with no worry.*

*But the restless heart does not know and wait for God and His will, and walks with worry.*

*If the heart remains restless for a long time, it can lead to burnout.*

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## **Six Symptoms of Burnout**

1. Increase in rigid, intolerant, and pessimistic thinking;
2. Onset of depression, fearfulness, irritability, self-doubt, and withdrawal;
3. Decrease in productivity and increase in aggressive, reckless behavior;
4. Chronic fatigue, exhaustion, increased illness, with heightened susceptibility to muscular pain and gastrointestinal illnesses;
5. Pattern of increased withdrawal, isolation, paranoia and relationship difficulties; and
6. Cumulative feeling of despair and exhaustion.

## **Six Ways to Reduce the Tendency of Burnout**

1. Pursue nurturing and honest relationships with significant others;
2. Have adequate social support network;
3. Give attention to physical health and exercise;
4. Pursue hobbies, avocational interests, and community involvements to bring balance and vitality to life;
5. Get an open and honest assessment of your spiritual well-being and Christian commitment; &
6. Reaffirm your dependence & obedience to God's call.

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## **GROUP DISCUSSION #1**

1. The rested heart knows and waits for God and His will, and walks with no worry. When are the times you have a restless heart?
2. Which of the 6 symptoms of burnout are you prone to have?
3. Which of the 6 ways to reduce your tendency for burnout do you find helpful to you?

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## ***Jesus' First Example of REST***

### **REST AFTER HIS HECTIC MINISTRY**

(i.e., His solitude with the Father)

#### **Mark 1:35**

#### **Rest and Reflection with the Father**

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*

MARK 1:35

#### **Context of Rest and Reflection**

*That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons. . .*

MARK 1:33-34a

### **Lesson of Rest from Jesus' Example**

It's important to take the time to rest and reflect after a hectic schedule and heavy ministry.

Proposed Practice:

1. Divert Daily (Quiet Time)
2. Withdraw Weekly (Sabbath)
3. Abandon Annually (Vacation with Family)

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## ***Jesus' Second Example of REST***

### **RETREAT WITH HIS MINISTRY TEAM**

(i.e., His rest and refreshment with the 12)

#### **Mark 6:30-32**

*Whoever does God's will is my brother and sister and mother.*

JOHN 4:35-38

### **Rest and Retreat with the 12**

*The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."*

MARK 6:30-31

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## CONTEXT OF REST AND RETREAT

*Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits. . . . They went out and preached that people should repent. They drove out many demons and anointed many sick people with oil and healed them.*

MARK 6:7, 12-13

### Lesson on Retreat from Jesus' Example

It's important to take the time to rest and have a retreat with others after a hectic schedule and heavy ministry.

Proposed Practice:

1. Recall God's Lessons (about God, others, me)
2. Record God's Insights (Journal)
3. Remember God's Milestones (Marker)

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## **GROUP DISCUSSION #2**

1. What gives you rest, refreshment, and renewal?
2. Why do you think having an annual vacation or regular retreat is important to your productivity in work and ministry?
3. What is a milestone marker in your life that God has shown you to remind you about Himself?

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## ***Jesus' Teaching on REST***

### **COMING TO AND LEARNING FROM JESUS**

(i.e., invitation to the weary and burdened)

**Matthew 11:28-30**

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

MATTHEW 11:28-30

### **Lesson on Retreat from Jesus' Example**

“WEARY” - those who are tired from hard toil and heavy struggling. They experience fatigue. They are prone to worry, because they feel weak and tired;

“BURDENED” – those who are loaded down. They are overloaded, like the beasts of burden – bearing a load full of obligations.

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## 9 Possible Sources of Weariness and Burden

1. A major sin;
2. Habits of sin you can't shake off;
3. Being far from God and His intimacy;
4. Faulty relationships;
5. Being too busy with responsibility;
6. Past or present tension, failure, or disappointment;
7. Fear or uncertainty of the future;
8. Lack of reflection; and
9. Lack of worship.

## 9 Ways to Address the Weariness and Burden

1. Confess that sin once and for all;
2. Resolve to break the sinful habits;
3. Commit to be intimate with God;
4. Resolve to restore faulty relationships;
5. Find time to be alone with yourself and with God;
6. Forgive yourself and others over past or present failure;
7. Trust God on the uncertainty of our future;
8. Reflect on what God has done for you over the past weeks and months; and
9. Take time to praise God, to sing and pray to Him.

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## **Discipline of Discipleship**

Two Ways to Find Rest (Matthew 11:28):

1. “Take my yoke upon you” – the need for discipline; and
2. “Learn from me” – the need for discipleship.

## **Definition of “Yoke” and “Yoking”**

### **“YOKE”:**

an agricultural tool placed on animals to pull heavy loads.

### **“YOKING”:**

the training a bullock (or young ox) for plowing

## **Purpose of Yoking**

In some parts of the world, farmers harness a mature ox and a bullock together in the same yoke.

The purpose of this yoking is to mature the bullock. The ox pulls the weight of the load, not the bullock.

The bullock is merely learning how to walk under control.

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## Definition of “Learn from Jesus”

“**Learn from Jesus**” = to become his disciple – that is, a pupil, student, or follower; to walk as his faithful follower.

The word “**learn**” comes from the same root word in the Great Commission (i.e., “make disciples” in Matthew 28:19). Thus, to “make disciples” is to make learners out of people who will become pupils of Jesus for life.

## Reasons to Be Yoked with Jesus and to Learn from Him

### “My Yoke Is Easy”:

His yoke is good for us and is comfortable for us to wear. It’s like being custom-made or tailor-fit for our size and shape.

### “My Burden Is Light”:

His burden is not overwhelming for us to carry. He will not give us trials or troubles that are beyond our ability to bear because he knows how much we can take.

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### **GROUP DISCUSSION #3**

1. Out of the 9 possible sources of weariness and burden, which one are you prone to have?
2. What one lesson from Jesus are you learning about Him recently?

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## Relationship of Rest and Trust

We develop a Rested Heart when we develop a Trusting Heart.  
Lack of trust is usually the source of restlessness.

## Developing Trust

UNDERSTAND THE PROGRESSION OF TRUST

**(1 Thess. 5:24; Heb. 10:23; 11:6; Rev. 2:10)**

### Our Progression of TRUST in Jesus' Leadership H.E.A.R.T.

- (1) APTITUDE - Revelation that God is our God of trustworthiness:  
TRUSTWORTHINESS OF GOD
- (2) ATTITUDE - Response to God's Revelation:  
TRUST GOD
- (3) ACTION - Responsibility (i.e., ability to respond daily) for God's  
revelation:  
TRUSTWORTHY BEFORE GOD AND PEOPLE

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### **Biblical Basis of God's Faithfulness**

*The one who calls you is faithful, and he will do it.*

1 THESSALONIANS 5:24

*Let us hold unswervingly to the hope we profess, for he who promised is faithful.*

HEBREWS 10:23

### **Biblical Basis of Having Faith**

*And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

HEBREWS 11:6

### **Biblical Basis for our Faithfulness**

*I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service.*

1 TIMOTHY 1:12

*Be faithful, even to the point of death, and I will give you life as your victor's crown.*

REVELATION 2:10

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## Developing Trust

ALWAYS TRUST

**(1 CORINTHIANS 13:7)**

*“Love Always Trusts”*

1 CORINTHIANS 13:7

### **“To Always Trust”:**

= to believe in the best of people and to inspire them to believe the best in themselves. It also means sticking up for their seemingly impossible dreams, cheering when they struggle forward with those dreams, and applauding when their dreams finally come true.

## **2 Practical Ways to Always Trust**

### **1. Pray to God for People**

We can entrust them in prayer to the One who is trustworthy. We can pray for them, especially in their times of difficulty and discouragement.

Prayer gives us the perspective to put our trust in God for people, despite their trials.

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Second Corinthians 4:8-9 gives us such perspective for people in four ways:

- (1) people may be hard pressed but need not be crushed (not cornered or without room for movement, never driven to surrender);
- (2) people may be at a loss but need not despair;
- (3) people may be persecuted but need not be left to their enemies' mercy; and
- (4) people may be knocked down but need not be permanently grounded.

## **2. Encourage People in their Discouragement**

We can share how “the Father of compassion and the God of all comfort” (2 Corinthians 1:3b) became real to us in our time of discouragement.

Remember: God “comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God” (2 Corinthians 1:4).

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## **GROUP DISCUSSION #4**

1. Share a time when God was faithful to you, or a time when you grew in faith in God.
2. What can you do to grow in your faithfulness to God and others?
3. Ask for each other's prayer requests and pray for one another.

# EXPERIENCE

**Assignment:**

1. Review the 2 examples & 1 teaching of Jesus on Rest for this coming week. Then answer this question: “How can I follow his example in my walk, work, and ministry?”
2. How can you show the Leadership H.E.A.R.T. of Jesus to your small group?

