

## The Difference Between “A” Christian Life And “THE” Christian Life

### “A” Christian LIFE (Living From SELF As the Source)

You Are The Source To Live The Christian Life  
It is up to you using your own ability

#### Independent Life

Living independently of God to try to live the Christian life.

#### The Christian Life Is A Life Of Performance

The Christian life is a set of rules to follow or a checklist to complete

#### You Are The Source To Live The Christian Life

It is up to you using your own ability with God’s help to live the Christian life.

#### Living FOR God

Trying in your own strength to please God and to earn something from God. (Love, acceptance, etc.)

#### Self-Transformation With God's Help

Trying by your own effort w/God’s help to produce victory, freedom, healing, and transformation.

#### Faith In Yourself With God’s Help

Faith in your intellect, ability, self-discipline, and willpower with God’s help to produce the Christian life.

#### Results In:

More flesh, sin, frustration, defeat, woundedness.  
Disillusionment and walking away from the Christian life or just trying harder to make life work  
No transformation  
Continuing to live a self-sufficient Christian life  
Ongoing turmoil and conflict  
More of the same or worse

### “THE” Christian LIFE (Living From CHRIST As The Source)

God Is The Source To Live The Christian Life

#### Dependent Life

Living in moment by moment dependence on God as your Source for living the Christian life. John 15:5

#### The Christian Life Is Christ

Christ Himself is THE Christian life.  
John 14:6; Philippians 1:21

#### God Is Source To Live The Christian Life

You live from God's life and power as the Source to live the Christian life. John 14:6; Acts 17:28

#### Living FROM God

Trusting Christ to live His life in and through you. Galatians 2:20

#### God-Produced Transformation

Depending on God as the Source to produce victory, freedom, healing of woundedness, and transformation. 1 Corinthians 1:30

#### Faith In God

Faith in God alone with the result that His life and power will flow in and through you to produce transformation into Christ-likeness. 1 John 5:12; Ephesians 1:19, 20; Hebrews 11:6

#### Results In:

**Freedom, victory, healing** - Galatians 5:1; 1 Corinthians 15:57; Psalm 147:3  
**Greater dependence upon God** - John 15:5  
**Deeper intimacy with Him** - Philippians 3:8  
**Being transformed into Christ-likeness** - 2 Corinthians 3:18; Romans 8:29  
**Abundant life** – John 10:10

## **STRESS? Or REST?**

**STRESS: Internal and external stressors of life that ROB you of Christ's REST (life, joy, peace, etc.)**

### **Where Do You Go To ESCAPE Your Stress?**

Work	Shopping	Television	Pornography	Medication
Hobbies	Exercise	Eating	Movies	Illegal Drugs
Alcohol	Cell phone	Social media	Computer	Video games

### **What Are Some of the Results in Your Christian Walk of Taking Ownership of Stress**

- It robs you of Christ's joy, peace, rest, etc.
- It keeps you in bondage to such things as anxiety, fear, worry, frustration, etc.
- It keeps you from experiencing victory, freedom, and transformation in Christ.
- It keeps you focused on self.
- It robs you of being available for others.
- It saps your spiritual momentum.

**God NEVER intended for us to take OWNERSHIP of our stress. Why?**

**It is because we were NOT designed to carry ANY stress.**

**REST - A SUPERNATURAL rest in the SOUL that results when we DO NOT take ownership of our stressors by ENTRUSTING each of life's stresses to Christ.**

### **WHO Is Your REST?**

Jesus says in the first part of John 14:6: "*I am the way, the truth, and THE LIFE...*"

Philippians 4:19 - "*And my God will supply all your needs according to His riches in glory in Christ Jesus.*"

Matthew 11:28 - "*Come to Me, all who are weary and heavy-laden and I will give you REST.*"

**The SOURCE of true rest is CHRIST because He IS your REST.**

### **Key Truths About Entering Into God's Rest**

1. Ask the Holy Spirit to REVEAL areas of HIDDEN stress.
2. Ask the Lord to reveal to you how your stress is NEGATIVELY impacting your life and the lives of those around you.
3. ENTRUST your stress to the Lord.
4. Draw on Christ in the moment to BE your rest.
5. Draw on Christ to be your I AM when you experience stress.
6. Engage the Spirit to take every stressful thought CAPTIVE.
7. Ask the Lord to TRANSFORM you and set you free from strongholds are the result of stress.
8. Allow God to RENEW your mind to His truth.

### **Questions**

1. What are your stressors in life?
2. How are your stressors negatively impacting your Christian walk and those around you?
3. What does it mean to you that Christ is your source for rest?
4. How would it change how you think, feel, or behave if you were walking in Christ's rest?