

# *How Can We Give Jesus Rest?*

*A series of meditations by  
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*The majority of this booklet is transcribed from a Blog sharing  
from R.T. Nusbaum entitled “How Can We Give Jesus Rest?”*

*[www.friendsoflifeinthespirit.com](http://www.friendsoflifeinthespirit.com)*

This little booklet is written to inspire  
prayer requests for Jesus' benefit.

It is a thought that our prayers and  
intercessions go beyond getting something  
from Jesus.

It is a thought about His needs. Because  
we know Jesus is God we assume there are  
no needs because God has no needs...but  
He does. He has desires and He has things  
that please His heart.





*A lot of times we “do it for God”... but are we doing it for His sake? One is going through the motions of something or maybe even carrying on the ministry faithfully, and the other one is thinking of His sake.*

*May we take time in our prayers to intercede for His sake, not mine and not the ministries’*

*May we pour over Him and cover Him with our loving prayers like sweet incense.*



# *How would I give Jesus Rest?*

*The first thing I would do is ask for nothing.*



*If I would was going to give Jesus rest I would not ask anything for myself. I would make my wants, needs, and problems not important at that time in my pursuit of seeking to give Him rest. I would not bring up any of my stuff because He hears that all the time. It has been said many times, “Come boldly to the throne of grace”. In response to that call many come boldly simply to get what they need and leave. Yet in my desire to minister to His needs I would become as self-forgetting as I possibly could. To me in desire to give Him rest, the only important thing in the room is Him.*

***“The only important thing in the room is Him”***

# Personal Notes





# Prayers and Scriptures



# *How would I give Jesus Rest?*

*I would speak from my heart into His heart.*



*I know that we all pray, and I know that He hears all of our prayers. And I know that He is so faithful, but what if prayers were not really meant to be religious in nature, what if they were really just meant to be us talking to God? More specifically ... talking from my heart into His heart. I saw a little article that was entitled; “Five things that you can ask your Father that will make his day on Father’s day”. And basically they were either doing something special for him or talking from the child’s heart, whether the child was young or old. I thought, a lot of times we really don’t just tell Him our heart, and I am not just talking about our fears. We tell Him those! But I am talking about the things that we care about, or just asking Him what He cares about. And saying, “Lord I know that You may not be able to communicate those things to me right now, but Your Spirit is in me and on me. Holy Spirit, break through my world centered, my ME world, my earth world, the world and realm of my existence that my focus could be on His needs.*

***“What if prayers were not really meant to be religious in nature, what if they were really just meant to be us talking to God?”***

# Personal Notes



# Prayers and Scriptures



# *How would I give Jesus Rest?*

*I would tell Him that I am with Him.*



*I would try to communicate even beyond the words that... “Lord, I am with You.” And we almost always have to add in... even though at times it seems that I am not with You or even at times I am not. I want You to know that in my core I am with You, I love You, I want You and I want what You want”. So remember now, this is as if we are talking to the Lord trying to give Him rest. We are taking all of the burdens off Him and we are not bringing up earthly problems, because He is eternal. We tend to only think in the realm of the earth, but He does not think in the realm of the earth except for our sakes. But when we move into His realm there are new questions and new realities to come to, to be enlightened to, and to be brought into.*

***“When we move into His realm there are new questions and new realities to come to, to be enlightened to, and to be brought into.”***

# Personal Notes





# Prayers and Scriptures



# *How would I give Jesus Rest?*

*I would say, “My heart beats with Yours”.*



*I know that saying stuff really does not count if we live contrary to those things, but I think that even if we were not fully manifesting it, but we told Him our heart for Him, it would mean more than if we never said anything. And you know, it occurs to me that these are things that we can tell the Father too, our Heavenly Father. Can you imagine the joy of the Lord being what strengthens us? Instead of it being our state that is important it is His joy that matters. It makes Him full of joy just to hear us say, “my heart beats with Yours” or “I want my heart to beat with Yours.” We start straying a little bit when we say, “Make my heart beat with Yours” because that is about us again.*

***“Making Him full of joy just to hear us say  
that, “my heart beats with Yours”***

# Personal Notes



# Prayers and Scriptures



# *How would I give Jesus Rest?*

*I would bring what little strength the weak  
can offer to the great.*



*I would give what little strength the weak can offer to the great. He is the great, and so we assume that because we are the weak that we are unable to minister to Him. But can't the weak sometimes think, "Is there anything this weak vessel can give to the great that would bless You, Lord?" I would give what little strength the weak can offer to the great. I use the word "strength" because I was thinking in terms of "rest"... what I can do to help lift the load. What I can do to cover Him. What I can do to say, "Abide with me and I am going to be a shelter for You". Abide with me. That is what they said in the gospel of Luke, "Abide with us, we will be a shelter for You" (Luke 24:29). We will cover You. We will give You rest. We will allow You rest instead of getting the Word, gathering it up, and then everyone going to their own houses while Jesus is left alone at the Mount of Olives to spend the night there.*

***"Is there anything this weak vessel can give to the great that would bless You Lord?"***

# Personal Notes





# Prayers and Scriptures



# *How would I give Jesus Rest?*

*I would love Him.*



*I did not say I would tell Him I love Him, although that is fine and there is no problem there, I am sure that is good. But I would love Him. I would just love Him. And I believe that if I just loved Him that would do more than all the teaching. In Luke 21:37, 38 if that was their first goal was to love Him they would have taken Him with them... "Come abide with us", instead of leaving Him out in the cold night to find a place to sleep in the mount of Olives. The scripture does not say that Jesus went to the Mount of Olives to be with the Lord or pray, it just says that is where He spent the night. If we love His teaching we may listen to Him and then leave and not even notice that He did not go home and was left alone. Yet if you just love Him you notice things. You go, "Jesus, nobody invited you home, come with me." God is love. That would be a wonder to Him, to be loved back, even if it was not as pure as His love because none of ours is.*

***"If you just love Him you notice things."***

Lord these are heart issues. Father, I don't know how to verbalize heart issues but in this session I was seeking to move the pendulum from off of us to Jesus. To draw out our hearts because we do love Him. To break open our heart as a vessel of ointment, as an alabaster box and just pour it on Him. So we ask You Holy Spirit and we ask You Father to help us to exhibit the things that are important. Help us to find Jesus in ways beyond teaching. And to love Him. To love Him. So we thank You Father. We thank You for Jesus. We thank You for giving us Jesus. We thank You Holy Spirit for giving us Jesus. In Jesus' Name, Amen.

