

*angel of the Lord came the second time and touched him and said, Arise and eat, for the journey is too great for you. (8) So he arose and ate and drank, and went in the strength of that food forty days and nights to Horeb, the mountain of God.*

*Isaiah 30:15 AMP – For thus said the Lord God, the Holy One of Israel: In returning to Me and resting in Me you shall be saved; in quietness and in trusting confidence shall be your strength.*

### **III. BEAUTY COMFORTS**

*Psalm 23:1–3a AMP – (1) The Lord is my Shepherd to feed, guide, and shield me, I shall not lack. (2) He makes me lie down in fresh, tender green pastures; He leads me beside the still and restful waters. (3) He refreshes and restores my life (my self).*

#### **1. A Place of Resting**

*Matthew 11:28 AMP – Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. I will ease and relieve and refresh your souls.*

#### **2. A Place of Healing**

Beauty can bring such healing. Beauty can say what words cannot.

So many carry deep wounds in their hearts, and only God's presence and beauty can bring the healing and comfort that is needed.

# **WHAT'S THE BIG DEAL ABOUT BEAUTY ANYWAY?**

## **Part 3 – Beauty: A Call to Rest**

**Debby Baril – November 13, 2005**

### **I. BEAUTY CALMS**

#### **1. A Place for the Soul to Expand**

We come into the presence of beauty and there is a peace that comes over us. The pressure and tension that we have been carrying begins to seep out of us and drain away.

As we pull away from the whirlwind of life and enter His presence and gaze upon His beauty our soul has room to breathe again.

The capacity of our soul enlarges enabling us to receive.

#### **2. A Place to Hear Your Heart**

When we come away from the hustle and bustle of life and into the presence of beauty we begin to hear what our heart is saying.

Henry Nouwen: "As soon as I decide to stay in my solitude [stillness], confusing ideas, disturbing images, wild fantasies, and weird associations jump about in my mind like monkeys in a banana tree. Anger and greed begin to show their ugly faces...The task is to persevere in my

solitude, to stay in my cell until all my seductive visitors get tired of pounding on my door and leave me alone.”

*Proverbs 4:23 AMP – Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.*

*1 Peter 5:7 AMP – Casting the whole of your care, all your anxieties, all your worries, all your concerns, once and for all on Him, for He cares for you affectionately and cares about you watchfully.*

*Psalm 55:22 AMP – Cast your burden on the Lord, releasing the weight of it and He will sustain you.*

Only when I sit and face what is in my heart will I be on the way to true rest; a place where I can hear God’s voice.

### **3. A Place to Hear God’s Voice**

*Psalm 46:10a AMP – Let be and be still, and know, recognize and understand that I am God.*

If we do not enter into this place we will find ourselves unable to be at rest within, unable to enter the deep, silent recesses of our hearts, where God’s best messages are communicated.

## **II. BEAUTY NOURISHES**

### **1. Satisfies our Hunger**

*John 6:35 AMP – Jesus replied, I am the Bread of Life. He who comes to Me will never be hungry, and he who believes in and cleaves to and trusts in and relies on Me will never thirst any more.*

*Psalm 107:8–9 AMP – (8) Oh, that men would praise and confess to the Lord for His goodness and loving-kindness and His wonderful works to the children of men! (9) For He satisfies the longing soul and fills the hungry soul with good.*

### **2. Quenches our Thirst**

*John 4:14 AMP – But whoever takes a drink of the water that I will give him shall never, no never, be thirsty any more. But the water that I will give him shall become a spring of water welling up, flowing, bubbling continually within him unto eternal life.*

### **3. Strengthens in Weakness**

*1 Kings 19:4–8 AMP – (4) But he (Elijah) himself went a day’s journey into the wilderness and came and sat down under a lone broom or juniper tree and asked that he might die. He said, It is enough; now, O Lord, take away my life; for I am no better than my fathers. (5) As he lay asleep under the broom or juniper tree, behold, an angel touched him and said to him, Arise and eat. (6) He looked, and behold, there was a cake baked on the coals, and a bottle of water at his head. And he ate and drank and lay down again. (7) The*