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I. My Notes ... WWC message 3/31

II. Series: Finding Rest in a Restless World

- Title: Posture and Rescue – Part 1
- Text: Titus 3:1-7
- Quote: Grace doesn't just change our posture; it changes our future. Pastor Rick

III. Introduction

- I've noticed something about myself lately — maybe you've seen it in you too. When I'm tired on the inside... when I'm stretched thin... when I'm carrying more than I'm admitting... I become a different version of myself. I get shorter with people. I get more defensive. I'm quicker to assume the worst. And the smallest interruption feels like an attack. It's amazing how restlessness on the inside always leaks out.
But the opposite is also true. When my soul is settled — when I'm not scrambling to prove myself or protect myself — I become someone entirely different. I'm more patient. I'm more present. I'm more willing to listen. I'm not threatened by disagreement. I'm not thrown off by someone else's rough edges.
Dallas Willard once said, "Hurry is the great enemy of spiritual life."
And he's right. When my soul is hurried — when I'm restless on the inside — I become someone I don't want to be.
But when grace settles me... when I'm no longer frantic about my own status or safety... something changes.
- And that's when this simple truth becomes real: Resting people are the most useful people.
- Because when we're no longer frantic about our own status or safety — when the grace of Titus 2 has already settled who we are — we finally become free. Free to be kind. Free to be gentle. Free to show "perfect courtesy" to people who haven't earned it. Free to love a world that doesn't deserve it... just like we didn't deserve the kindness of God.
- And that's why Titus 3 matters so much. Paul isn't giving the church a list of behaviors to perform; he's inviting them into a way of being — a way of living that can only flow from a rested heart. He knows that when the soul is unsettled, even small things feel like battles. But when grace has done its work... when the inside is quiet... when we remember who we are and whose we are... something shifts.
- We stop living on defense. We stop reacting to everything around us. We stop carrying the pressure to prove ourselves. And suddenly, the very things Paul describes in Titus 3 stop feeling impossible and start feeling... natural. Not easy, but natural — the fruit of a heart at rest.
- So, Paul begins this section with a simple word: "Remind them." Not teach them something new ... Not push them harder. Just... remind them.
 - Remind them of the kind of people they are becoming.

- Remind them of the grace that has already reshaped their identity.
- Remind them of the gospel that frees them to live differently in a restless world.
- And with that, Paul walks us into seven counter-cultural postures — seven ways rested people show up in an anxious culture. Let’s look at them together as we step into Titus 3:1–7.

IV. Our Posture

- When Paul opens Titus 3, he isn’t talking about doctrine or church structure or even spiritual gifts. He starts with something far more ordinary... and far more difficult: our posture. How we carry ourselves in a world that is loud, reactive, and easily provoked. Because the truth is, rest is not just something we feel — it’s something we practice. It shows up in the way we speak, the way we respond, the way we treat people who don’t think like us or act like us.
- **Titus 3:1-2 NLT**
Remind the believers to submit to the government and its officers. They should be obedient, always ready to do what is good. 2 They must not slander anyone and must avoid quarreling. Instead, they should be gentle and show true humility to everyone.
- In this part of his letter to Titus, Paul is saying, “If you want to find rest in a restless world, pay attention to the posture of your heart.” (ok, my paraphrase).
 - A heart at rest doesn’t need to win every argument.
 - A person at rest doesn’t have to tear others down.
 - A believer at rest isn’t threatened by disagreement.
- Rest helps us find freedom — free to be gentle, free to be kind, free to show “perfect courtesy” even when the world around us is anything but courteous.
- Fear dictates life today. Now, you may be shaking your head, but fear influences our behaviors, choices, and impacts our overall well-being. It manifests itself in our attitudes and actions toward others.
- People hear what Paul says and react to the thought of submitting themselves to the authority that God placed over them. It’s in this submission that we honor God because we recognize that God is sovereign and He is the one who placed the leader in their position. Let me read 2 Scriptures to you ...
 - Romans 13:1** - *Let everyone submit to the governing authorities, since there is no authority except from God, and the authorities that exist are instituted by God.*
(CSB)
 - Hebrews 13:17** - *Obey your leaders and act under their authority. They are watching over you, because they are responsible for your souls. Obey them so that they will do this work with joy, not sadness. It will not help you to make their work hard.* **(NCV)**
- It’s amazing how subtly our inner world gets shaped today. For many of us, social media has become the place we turn for affirmation — a place where we hope to feel seen,

valued, or connected. But instead of settling us, it often leaves us more anxious, more reactive, and more insecure. It becomes a breeding ground for criticism and comparison, not rest and renewal. It promises connection, but it rarely leads us toward peace.

- So, before Paul ever reminds us of who we once were, he reminds us of how we're called to live right now — with a posture shaped not by fear, not by outrage, not by the noise of our age, but by the rest that comes from knowing who we are in Christ.
- This posture isn't one that points to weakness. It isn't passivity. It's the strength of a settled heart. It's the courage of someone who doesn't need to win every battle because the war has already been won.
- But Paul knows something important: We can't live with this kind of posture unless we remember where we came from. Before he calls us to gentleness, he takes us back to our own story — back to who we were before grace found us. And that's where he goes next.

V. Our Past

- I think at one time or another all of us have dealt with having “poor posture” that needs correcting. The Apostle is about to point this out.
- **Titus 3:3 NLT**
Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other.
- This is a strong reminder for me. In the past, foolishness and disobedience were the things that identified my life. I served my wants and lived my way. Paul is pointing out that the reason we can submit, the reason we can love all around us, is grace. Grace came and touched us, grace changed us, grace taught us, grace humbled us. It is easy to get frustrated with what we see is wrong. The choice to recognize that grace has changed us and enables us to show kindness, even in disagreement, is different than the world's ways.
- In my foolishness and disobedience grace came looking for me. It sought me out. So, I could find relief from my struggles and peace in every moment. I don't know a better way to say this than what Paul wrote to believers in Rome.
- **Romans 5:1-6 CSB**
5 Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. 2 We have also obtained access through him by faith into this grace in which we stand, and we boast in the hope of the glory of God. 3 And not only that, but we also boast in our afflictions, because we know that affliction produces endurance, 4 endurance produces proven character, and proven character produces hope. 5 This hope will not disappoint us, because God's love has been poured out in our hearts through the Holy Spirit who was given to us. 6 For while we were still helpless, at the right time, Christ died for the ungodly.

VI. What Grace Has Done

- Let me point out what grace changed for us.
- Submission to Authority: Not blind obedience — but a settled trust in God’s sovereignty rather than reacting out of fear or outrage.
 - Submission to authority isn’t about blind obedience or agreeing with everything leaders do — it’s about trusting that God is sovereign over the structures He allows. A rested heart doesn’t react out of fear, suspicion, or outrage, because it knows that no authority exists outside of God’s oversight (Romans 13:1). When we submit, we’re not declaring that human leaders are perfect; we’re declaring that God is faithful. Peter echoes this when he writes, “Submit yourselves for the Lord’s sake to every human authority” (1 Peter 2:13–14). In a culture that treats authority as something to resist and question at every turn, submission becomes a counter-cultural act of worship. It’s a way of saying, “I don’t have to control everything — because God already does.” Rested people can submit without fear because their confidence isn’t in the leader, but in the Lord who placed them there.
- Obedience to What Is Good: A readiness to do what honors God, even when it’s inconvenient or unnoticed.
 - Obedience to what is good means choosing God’s way even when it’s inconvenient, unnoticed, or unpopular. It’s not obedience rooted in pressure — its obedience rooted in trust. James reminds us that knowing the good we ought to do and refusing to do it is sin (James 4:17). Micah calls us to act justly, love mercy, and walk humbly with God (Micah 6:8). In a world that prizes convenience over conviction, obedience becomes a quiet declaration that God’s ways are better than our impulses. Rested people aren’t driven by the need to please others — they’re anchored in the desire to honor God.
- Readiness for Every Good Work: A posture of availability — not living on defense but actively choosing compassion and service.
 - Readiness for every good work is a posture of availability — a heart leaning toward compassion instead of self-protection. Paul says we were created in Christ Jesus for good works (Ephesians 2:10), and he urges us to do good to everyone as we have opportunity (Galatians 6:10). A restless heart is always on defense, guarding time, energy, and comfort. But a rested heart is open, attentive, and responsive to the Spirit’s prompting. It’s the difference between living with clenched fists and open hands. Rested people aren’t reactive — they’re ready.
- Refusing to Slander: Choosing restraint in a culture addicted to criticism, sarcasm, and tearing others down.
 - Refusing to slander means choosing restraint in a culture addicted to outrage. It means refusing to weaponize our words, even when we feel justified. Paul tells the Ephesians, *“Don’t say anything that would hurt another person. Instead,*

Speak only what is good so that you can give help wherever it is needed. That way, what you say will help those who hear you.” (Ephesians 4:29 GWT).

Solomon reminds us that when words are many, sin is not absent (Proverbs 10:19). In a world where criticism is currency and sarcasm are a sport, refusing to slander is a radical act of grace. Rested people don't need to tear others down to feel lifted up.

- **Avoiding Quarrels:** Not taking the bait. Not needing to win every argument. Refusing to be shaped by the outrage of the age.
 - Avoiding quarrels doesn't mean avoiding truth — it means avoiding needless battles. Paul tells Timothy to “have nothing to do with foolish arguments” because they only produce quarrels (2 Timothy 2:23–24). And **Romans 12:18** urges us, “*If possible, as far as it depends on you, live at peace with everyone.*” **(CSB)**. A restless heart is easily provoked, easily offended, and always ready to fight. But a rested heart doesn't take the bait. It doesn't need to win every argument because its identity isn't on the line. Rested people choose peace over pettiness.
- **Practicing Gentleness:** Strength under control. Responding calmly when the world expects reaction.
 - Gentleness is not weakness — it is strength under control. It is the Spirit-produced ability to respond calmly when the world expects reaction. Paul lists gentleness as a fruit of the Spirit (Galatians 5:22–23), and he tells the Philippians, “*Let everyone see that you are gentle and kind. The Lord is coming soon.*” **(Philippians 4:5 NCV)**. Gentleness is what happens when the soul is settled — when we're no longer living on edge, no longer bracing for attack, no longer trying to prove ourselves. In a harsh and hurried world, gentleness is a powerful witness. Rested people carry a quiet strength that disarms hostility.
- **Showing True Humility to Everyone:** Not superiority. Not self-protection. A settled identity that frees us to treat every person with dignity.
 - True humility is the posture of someone who knows who they are in Christ — and doesn't need to elevate themselves to feel secure. Paul calls us to “do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves” (Philippians 2:3–4). Colossians 3:12 tells us to clothe ourselves with humility as part of our new identity in Christ. In a culture obsessed with self-promotion, self-protection, and self-importance, humility is shockingly counter-cultural. Rested people don't need to be the center of the story — because they know they're held by the One who is.
- Together, these seven postures paint a picture of a person who is rested on the inside — someone whose identity is anchored in grace, not in the noise around them. They're not natural; they're supernatural. They're not achieved; they're received. They're the fruit of a heart that has been quieted by the kindness of God.

- Grace doesn't just change our posture; it changes our future.

VII. Wrapping Up (for now)

- As we come to the end of this part of the journey, here's what I want us to see: Paul isn't scolding the church. He's not handing out a checklist. He's inviting us into a different way of showing up in a restless world — a way shaped by rest, not reaction. These seven postures aren't natural. They're not easy. And they're certainly not normal in the world we live in. But they are the fruit of a heart that has been quieted by grace.
- And maybe as we walked through them today, you felt something stirring — a place where your posture has slipped, a place where rest has been replaced by hurry, fear, or frustration. That's not a moment for shame. That's a moment for remembering. Because Paul doesn't just tell us how to live — he reminds us why we can live this way at all.
- Before grace found us, we were restless too. We were foolish, disobedient, misled, enslaved, angry, and empty. That was our posture. That was our story. But it's not our story anymore. And next week, Paul is going to show us why.
- Because the next verse begins with one of the most beautiful words in all of Scripture: "But..."
 - "But when the kindness of God our Savior appeared..."
 - "But according to His mercy..."
 - "But He saved us..."
 - "But He poured out His Spirit..."
 - "But He made us heirs..."
- This week, we looked at the posture of a rested heart. Next week, we look at the power that makes that posture possible. Today was about who we're becoming.
- Next week is about the God who makes becoming possible.
- Today was about the fruit. Next week is about the root. Today was about our posture. Next week is about His kindness.
- So, as we wrap up for right now, here's the invitation: Don't try to force these postures. Don't try to manufacture rest. Don't walk away thinking, "I need to try harder." Walk away thinking, "I need to remember better." Remember who you were. Remember who found you. And remember that the same grace that rescued you is the grace that will reshape you.
- And next week, we're going to sit in that grace — the grace that appeared, the grace that saved, the grace that renews, the grace that rests the soul.
- Because rested people don't start with effort.
- Rested people start with Jesus.
- Let's Pray
- Grace First, Grace Always