



## **When Rest Isn't Enough**

10-13% of people left-handed

Judges 3:12: <sup>12</sup>Again the Israelites did evil in the eyes of the Lord, and because they did this evil the Lord gave Eglon king of Moab power over Israel.

Serving other gods  
Serving other kings

Judges 3:13-14 NIV: <sup>13</sup> Getting the Ammonites and Amalekites to join him, Eglon came and attacked Israel, and they took possession of the City of Palms. <sup>14</sup> The Israelites were subject to Eglon king of Moab for eighteen years.

Judges 3:15-17 NIV: <sup>15</sup> Again the Israelites cried out to the Lord, and he gave them a deliverer—Ehud, a left-handed man, the son of Gera the Benjamite. The Israelites sent him with tribute to Eglon king of Moab. <sup>16</sup> Now Ehud had made a double-edged sword about a cubit long, which he strapped to his right thigh under his clothing. <sup>17</sup> He presented the tribute to Eglon king of Moab, who was a very fat man.

Judges 3:18-19 NIV: <sup>18</sup> After Ehud had presented the tribute, he sent on their way those who had carried it. <sup>19</sup> But on reaching the stone images near Gilgal he himself went back to Eglon and said, "Your Majesty, I have a secret message for you." The king said to his attendants, "Leave us!" And they all left.

<sup>20</sup> Ehud then approached him while he was sitting alone in the upper room of his palace and said, "I have a message from God for you." As the king rose from his seat, <sup>21</sup> Ehud reached with his left hand, drew the sword from his right thigh and plunged it into the king's belly. <sup>22</sup> Even the handle sank in after the blade, and his bowels discharged. Ehud did not pull the sword out, and the fat closed in over it. <sup>23</sup> Then Ehud went out to the porch; he shut the doors of the upper room behind him and locked them.

<sup>24</sup> After he had gone, the servants came and found the doors of the upper room locked. They said, "He must be relieving himself in the inner room of the palace." <sup>25</sup> They waited to the point of embarrassment, but when he did not open the doors of the room, they took a key and unlocked them. There they saw their lord fallen to the floor, dead.

<sup>26</sup> While they waited, Ehud got away. He passed by the stone images and escaped to Seirah. <sup>27</sup> When he arrived there, he blew a trumpet in the hill country of Ephraim, and the Israelites went down with him from the hills, with him leading them.

<sup>28</sup> "Follow me," he ordered, "for the Lord has given Moab, your enemy, into your hands." So they followed him down and took possession of the fords of the Jordan that led to Moab; they allowed no one to cross over. <sup>29</sup> At that time they struck down about ten thousand Moabites, all vigorous and strong; not one escaped. <sup>30</sup> That day Moab was made subject to Israel, and the land had peace for eighty years.

The people serve false gods;  
The people are oppressed by a ruthless king named Eglon;  
The people cry out to God;  
God raises up a deliverer named Ehud;  
The land finds rest...

Judges 3:15, "Ehud, a left-handed man, the son of Gera the Benjamite."

Benjamin – “Son of my right hand”

Judges 20:16, <sup>16</sup>“Among all these [Benjamite] soldiers there were seven hundred select troops who were left-handed, each of whom could sling a stone at a hair and not miss.”

Moabites vs Israelites:  
indoors; works outdoors  
cool of his chamber, heat of the field  
fat with choice foods, lives on the left-overs  
the city of palms, the hill country.

Judges 3:30 NIV: “That day Moab was made subject to Israel, and the land had peace for eighty years”

שָׁקֵט *shakat*: “rest, quiet, undisturbed by war, to be inactive”

The land experienced rest, but the people missed out on peace.

They assumed that an external change meant internal change.

Judges 4:1, “again did what was evil in the sight of the Lord after Ehud died.”

Romans 7:23-25, NIV: I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. <sup>24</sup>What a wretched man I am! Who will rescue me from this body that is subject to death? <sup>25</sup>Thanks be to God, who delivers me through Jesus Christ our Lord!

2 Corinthians 3:18 (Easy) “God is changing us so that we become more and more like him. We show how great God is more and more clearly. It is the Lord who does all this, by the work of his Spirit.”

### **Reflect** **Reorient** **Recommit**

To recommit reflects a return to the foundational principles of our relationship with Jesus.

Isaiah 50:7, ““Because the Lord GOD helps Me, I will not be disgraced; therefore I have set My face like flint, and I know that I will not be put to shame.”

“In clinical work, change is usually not what you think it is...change is not a simple linear process. Change can be spontaneous, dramatic or minimal like an advancing glacier.” - Ian Evans, *How and Why People Change*

“It is so easy to overestimate the importance of one defining moment and underestimate the value of making small improvements on a daily basis. Too often, we convince ourselves that massive success requires massive action.” – James Clear, *Atomic Habits*

“Every time you make a choice you are turning the central part of you, the part of you that chooses, into something a little different from what it was before.” – CS Lewis

Where do you need to recommit?

*All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.*