

Sacredly Written Sermon Notes

Capturing Heaven's Downloads, One Message at a Time

Rock City Church | Pastor Darius | July 29, 2025
Message Title: "I Need a Break"

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Scripture Focus

Genesis 32:24–26 (NIV)

24 So Jacob was left alone, and a man wrestled with him till daybreak. **25** When the man saw that he could not overpower him, he touched the socket of Jacob's hip so that his hip was wrenched as he wrestled with the man. **26** Then the man said, "Let me go, for it is daybreak." But Jacob replied, "I will not let you go unless you bless me."

Sermon Summary

God often uses moments of solitude, struggle, and stillness to transform us—not just by giving us a break, but by using the break to break us free from what no longer serves who we're becoming.

The Mental & Spiritual Cost of Constant Hustle

- One of the greatest gifts you can give yourself—or someone else—is a *break*.
 - A break to process.
 - A break to breathe.
 - A break to release.
- **Break before you break.**
- We live in a world that glorifies the grind and downplays rest.
 - Culture claps for hustle and mocks stillness.
 - *Hurry* is the greatest enemy of spiritual health and everyday life.
- **Rest is not weakness—it's wisdom.**
 - If God Himself took a break (Genesis 2:2 - "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work."), who are we to think we're exempt?
 - God didn't rest because He was tired. He rested because He was *finished*.
 - Some of us are striving for things God already settled. 🥱
- Rest is one of the greatest acts of **faith**.
 - It's you saying, "God, I trust You enough to stop."
 - It's believing God can do more while you do less.

- What does your rest *actually* look like?
 - Rest ≠ sleep. Sleep is for the body. Rest is for the soul.
 - Many of us are sleeping but still not resting.
- **Faith isn't just about starting.** It's also about trusting enough to *pause*.

Rest Is Also Release

- "I need a break" isn't just physical—it's emotional and spiritual too.
 - Sometimes God's waiting on you to take a break so *He can break something*.
 - A break from what's good to make room for what's *God*.
- Are you willing to let go of what's "good enough" for what's divinely designed?
- Taking a break might just be what gives God permission to **break** what's been breaking you.
- There's a version of you that's breaking inside while the outside looks polished.
 - You're holding on to *Jacob* when God is trying to reveal *Israel*.
- Don't fumble favor while favor is *in your hand*.
 - The blessing is often present, but the mindset is absent.

Jesus withdrew or removed Himself at least 9-12 recorded times

For:

- Prayer and rest
- Discernment before big decisions
- Protection and timing
- Teaching us that obedience includes rest and boundaries

Rest isn't a break from purpose. It's preparation for the weight of it.

When He Withdrew to PRAY / REST: These were intentional spiritual breaks.

1. **Luke 5:16** – "*But Jesus often withdrew to lonely places and prayed.*"
→ This shows us that withdrawing was habitual.
2. **Matthew 14:13** – After John the Baptist was killed:
"*When Jesus heard what had happened, he withdrew by boat privately to a solitary place.*"
3. **Mark 1:35** – "*Very early in the morning... Jesus got up, left the house and went off to a solitary place, where he prayed.*"
4. **Luke 6:12** – Before choosing the 12 disciples:
"*Jesus went out to a mountainside to pray, and spent the night praying to God.*"
5. **Matthew 26:36-46** – Garden of Gethsemane:
He withdrew *three separate times* to pray alone before the crucifixion.

When He Escaped the Crowd or Danger: These were protective and discerning breaks.

1. **John 8:59** – “At this, they picked up stones to stone him, but Jesus hid himself, slipping away from the temple grounds.”
2. **John 10:39–40** – “Again they tried to seize him, but he escaped their grasp. Then Jesus went back across the Jordan...”
3. **Luke 4:29–30** – After preaching in His hometown:
“They got up, drove him out of the town... But he walked right through the crowd and went on his way.”
4. **John 6:15** – When the crowd tried to make Him king by force:
“Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.”

The Internal Wrestle: What Are You Fighting With?

- **Jacob was left alone.** And that’s where the wrestling began. (Genesis 32:24 - “So Jacob was left alone, and a man wrestled with him till daybreak.”)
 - He had to send away everything that culture told him was valuable—riches, people, protection.
 - God waits until you’re *alone* to deal with you—no distractions.
- Some of us can’t hear God because we’re *addicted to company*.
 - He can only get our attention in our sleep because we don’t give Him space while we’re awake.
 - You’re constantly “on,” but never truly still.
- Before God blesses you publicly, He’ll wrestle you privately.
 - Spiritual discipline = *solitude*.
 - Solitude is not loneliness—it’s the freedom to be alone with God.
 - Isolation is when you get alone with you.
- Whatever you *can’t* walk away from, you are a *slave to*.
- If you prioritize God, you won’t have to chase the blessing—it’ll chase you.
- Sometimes the wrestle isn’t even with people—it’s with **God’s process**.
 - And you can’t wrestle from a distance.
 - Wrestling means *His hand is still on you*.

God Doesn’t Just Heal—He Transforms

- Don’t let being fed up make you give up.
- Praise Him through the process—good, bad, and in between.
- Be persistent like Jacob: “I will not let go until You bless me.”
 - That’s not desperation—it’s faith.
 - Faith that endures frustration.
- God develops *dependability* through process.
 - He wants to teach you to hold onto Him *not just for breakthrough*, but for *becoming*.
- When He asked Jacob his name, He wasn’t seeking info—He wanted revelation.
 - Your transformation starts when you *tell the truth about yourself*.
 - The wrestle wasn’t for new things—it was for a *new self*.

- “I want to become new. I want to be His.”
- Stop taking old oil into new seasons.
 - Different seasons require *different oil*.

The 3 R's of Breakthrough

1. Release

- Release what you were never meant to carry.
 - That need to be needed.
 - That assumption that every problem is *your* problem.

2. Reveal

- Reveal where you've been wrestling.
 - Be honest—truth is the beginning of transformation.
 - Remember: *Truth isn't just a principle. It's a Person* (John 14:6 - "Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'").
 - Some of us are hesitating when we should be elevating.

3. Rename

- Shift the meaning of your breaking.
 - It's not a break-up—it's a break-through.
 - You're not just broken—you're *blessed and multiplied*.

When Solitude Leads to Sacred Shifts

- Jacob was renamed Israel **after** the wrestle.
 - You can't become new if you're still hiding the *old you*.
- There are some things you won't get until you *get alone*.
 - Solitude isn't just withdrawing from people—it's *drawing closer to God*.
 - Ask yourself: When's the last time you scheduled God on your calendar?
 - *Matthew 6:33* — "But seek first his kingdom and his righteousness, and all these things will be given to you as well."
- If you can't take a break from it, it's not love—it's *labor*.
- Solitude is the kind of isolation that leads to **transformation**.

The Cost of Holding Onto Old Labels

- Some of your flaws are inherited—generational deception, natural bloodline traits.
- God asked Jacob to admit the *name* he had embraced: “deceiver.”
 - Once he did, God changed it to Israel.
- You can't walk into a new season holding onto names God never called you.
- Stop trying to *prove yourself* and *receive yourself*.
- You're waiting on God to give you *something*, but God is waiting on you to become *someone*.
- You need the emotional, mental, and spiritual **capacity** to carry favor.
 - Otherwise, you'll *fumble it*.

Final Wake-Up Call

- Are you too busy to get better?
- God can't bless what you won't slow down to steward.
- Breaks are not optional—they're *essential*.
- God might not be removing the "bad" because He's trying to make room for what's *best*.
- Sometimes it's not sin that's stopping you—it's *settling*.
- Don't be like Adam—choosing what was *good* instead of what was *God*.
- When God touches what you're *used to*, that's when He makes you new.
 - Don't treat God like people who abandoned you.
 - Don't let lies become your *truth*.
 - Jacob could not become Israel until he was broken.

Reflection Questions

- What does rest look like for me right now—and is it truly restorative?
- Have I been settling for what's good instead of what's God?
- Where in my life do I need to take a break before I break?
- What am I still wrestling with that God is trying to help me release?
- Am I addicted to company or noise in a way that's distracting me from hearing God?
- What have I been holding onto that's no longer aligned with the version of me God is calling forward?
- Do I find myself wrestling with God's process or resisting my own transformation?
- What area of my life have I avoided bringing to God in solitude?
- What label, name, or lie have I embraced that I need to surrender?
- What's one thing I can release this week that I was never meant to carry?
- Have I made space on my calendar for God, or am I too busy to be blessed?
- Where is God asking me to become someone before I receive something?
- Do I trust God enough to rest while He works—or do I keep trying to control everything?

Personal Reflection

This one met me right in the middle of my mess. I've said "I need a break" before—but this time, it hit different. Not just a nap. Not just a vacation. But a break from carrying what was never mine to begin with. A break from pretending I'm okay when my soul is gasping for air. A release.

God showed me that sometimes He's not waiting for me to work harder—He's waiting for me to *rest*. To pause. To get still enough for Him to break what's been breaking me. I've been in such a rhythm of showing up for everybody else, I didn't realize I was running on fumes. And the wild part? I've been calling it "obedience" when it's really avoidance. Avoiding rest. Avoiding solitude. Avoiding the *wrestle*.

But Jacob reminded me—blessing comes in the break. Not just the kind of break that lets you breathe, but the one that breaks you free. Free from old names. Free from needing validation. Free from hustling for worth. And truth be told, there's a version of me I haven't even met yet because I've been too busy holding onto the one I'm used to.

I don't want to fumble the favor that's already in my hand. So here I am, saying it out loud: I need a break. A sacred break. Because rest isn't weakness—it's worship.

Drop your reflections inside the Discussion Room

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