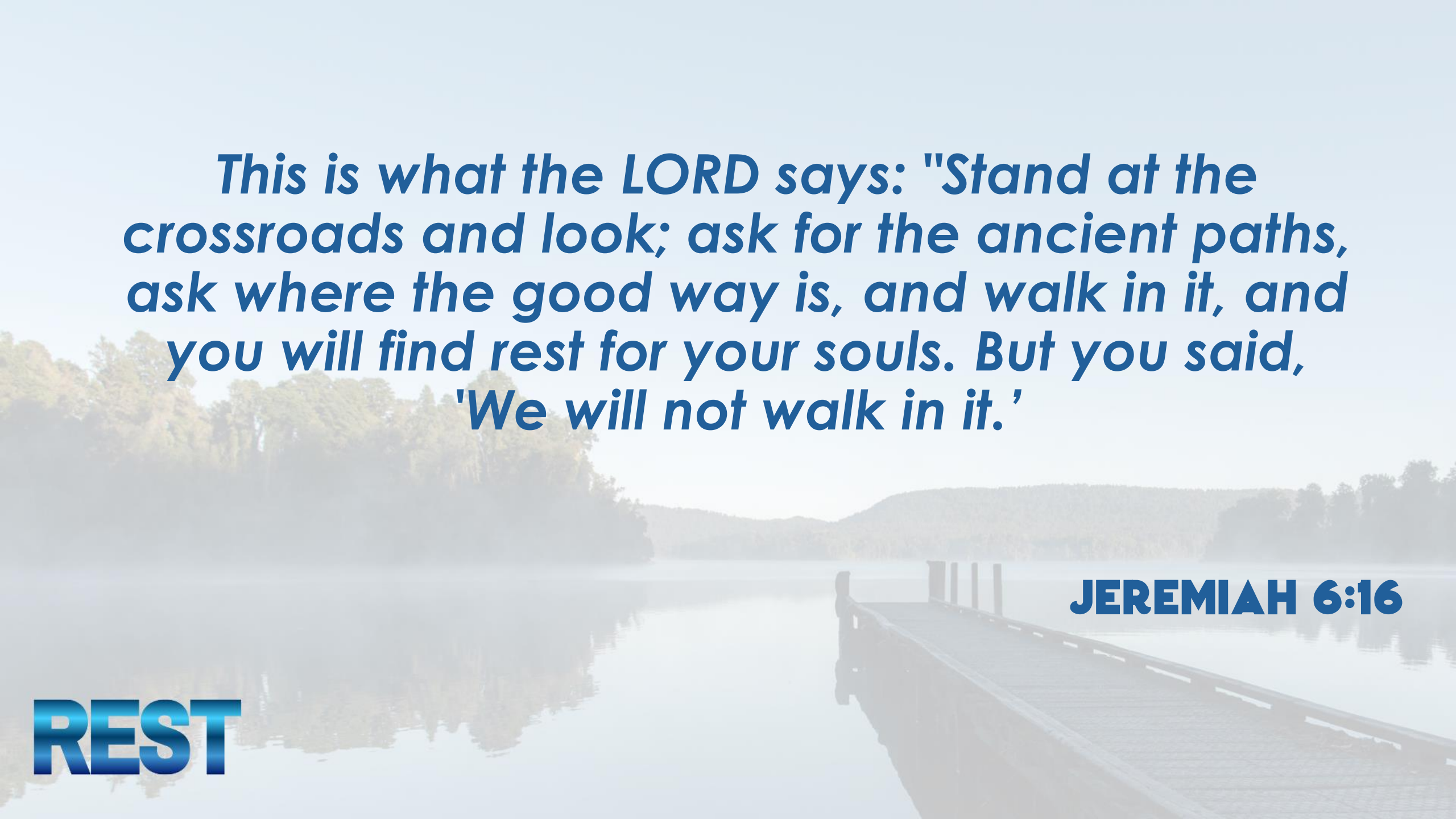




REST



This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'

JEREMIAH 6:16

REST

4 BIBLICAL WORDS FOR REST

- Shabbat: Sabbath: Lit “to stop” or “to cease” and refers to the cessation of work: *Basic OT word for 7th day*
- Noach: Rest: Lit “to rest” or “to settle down” or “abide”
Key here is PLACE: *Like a bird on a branch*
- Anapausis NT: Rest: Carries the idea of rest from weariness or labor, Jesus in Mt 11:28 *Come to me...PERSON*
- Anesis: “Relaxation” or “Relief” Idea of PEACE, release of STRESS
Guitar string being loosened

REST

WHY DO WE NEED REST

A Harvard Chaplain Describes FOMO:

Sleep deprivation and running on empty are norms. Living full throttle is expected. The ticking of the seconds hand defines our pace. And God's rhythms of rest and work give way to a nearly permanent state of exhaustion and impending burnout. Lack of adequate rest can ruin our families, damage our souls, even kill us. When we fail to rest, we...

- *Lose sight of what we enjoy in our work*
- *Find even the things we enjoy doing become a chore*
- *Fail to give people the gift of our attention and presence*
- *Impair our ability to hear God's voice and discern His movement in our life*
- *Become obsessive about our to-do list*
- *Lose touch with the human limits that are meant to keep us in touch with God*

REST

WHY DO WE NEED REST

- *God **MODELED** it for us:*

Gen 2:2

- *Jesus gave us an **EXAMPLE**:*

Mt 8:24

- *Jesus **TELLS US** to rest:*

Mt 11:28

REST

THE WHO, WHERE, AND WHAT OF REST

- **Who:** Rest is about the **PERSON** we lean into and trust

Psm 62:1 “Truly my soul finds rest in God; my salvation comes from Him.”

- **Where:** Rest is about the **PLACE** you lay your head

Pm 91:1-2 “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust!”

- **What:** Rest is about **TRUSTING GOD**.

Psm 62:5 “Yes, my soul, find rest in God; my hope comes from Him.”

REST

TODAY...

- *Make a commitment to be here for each part of this series...Next 6 weeks*
- *If you don't know Christ and have no peace, accept Him*

A= Admit

B= Believe

C= Commit

REST

*look; ask for the ancient paths, ask where the good way is,
and walk in it, and you will find rest for your souls. But you
said, 'We will not walk in it.'*

JEREMIAH 6:16

REST