



REST

4 Keys To Soul Rest

"Come to me, all you who are weary and burdened, and I will give you rest.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Matthew 11:28-30

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Rest Begins With Coming To Jesus

- *The invitation is very pointed*
- *The invitation is very personal*
- *The Invitation is very Practical*
 - ~Come to Jesus initially
 - ~Come to Jesus daily

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow...”

Matt 6:33-34

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Rest Comes From Surrendering Control

- *I don't have to know every detail*
- *I don't have to do it in my own strength*
- *I don't have to manage the process or outcome*

“You will keep in perfect peace him whose mind is steadfast, because he trusts in you.”

Isaiah 26:3

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Rest Is Found In The Gentle Heart Of Jesus

- **Gentle:** easy, gentle, and careful, not harsh
- **Humble:** of low degree, not loft or important

“Your attitude should be the same as that of Christ Jesus, who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant...”

Philippians 2:6

Rest is not the absence of work, it is the presence of Jesus

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Rest Is Found In A Great Exchange

- *Jesus said His yoke is easy*
- *Jesus said it is His yoke for you*
- *Jesus says His yoke brings peace, not pressure*

“In vain you rise early and stay up late, toiling for food to eat-- for he grants sleep to those he loves.”

Psalm 127:2

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Today...

- **Come to Him**
- **Surrender Control**
- **Trust His heart**
- **Make the great exchange**

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