

A stylized sunburst graphic is positioned on the right side of the image. It features a large red circle with a thin blue outline. Inside this circle, there are several blue lines of varying lengths radiating outwards, resembling sunbeams. A small red star is located near the top of the sunburst, and another is near the bottom left.

Ingredients for Real Rest

Next Sunday's Sermon: An Overview of the Book of Romans

Flyby Overview of Rest:

Genesis 2:2-3

“And on the seventh day God finished his work that he had done, and he RESTED on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God RESTED from all his work that he had done in creation.”

Flyby Overview of Rest:

Exodus 20:11

“For in six days the Lord made heaven and earth, the sea, and all that is in them, and RESTED on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

Flyby Overview of Rest:

Hebrews 4:9-11

"So then, there remains a Sabbath REST for the people of God, for whoever has entered God's REST has also RESTED from his works as God did from his. **Let us therefore strive** to enter that REST..."

Flyby Overview of Rest:

Matthew 11:28-29

“Come to me, all who labor and are heavy laden, and I will give you REST. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find REST for your souls.”

Three Ingredients for Experiencing Real Rest in Jesus:

1. Be a Work Horse, not a Work-a-Holic.

Three Ingredients for Experiencing Real Rest in Jesus:

**2. Make more time for Spiritual Retreats and
less time for Digital Screens.**

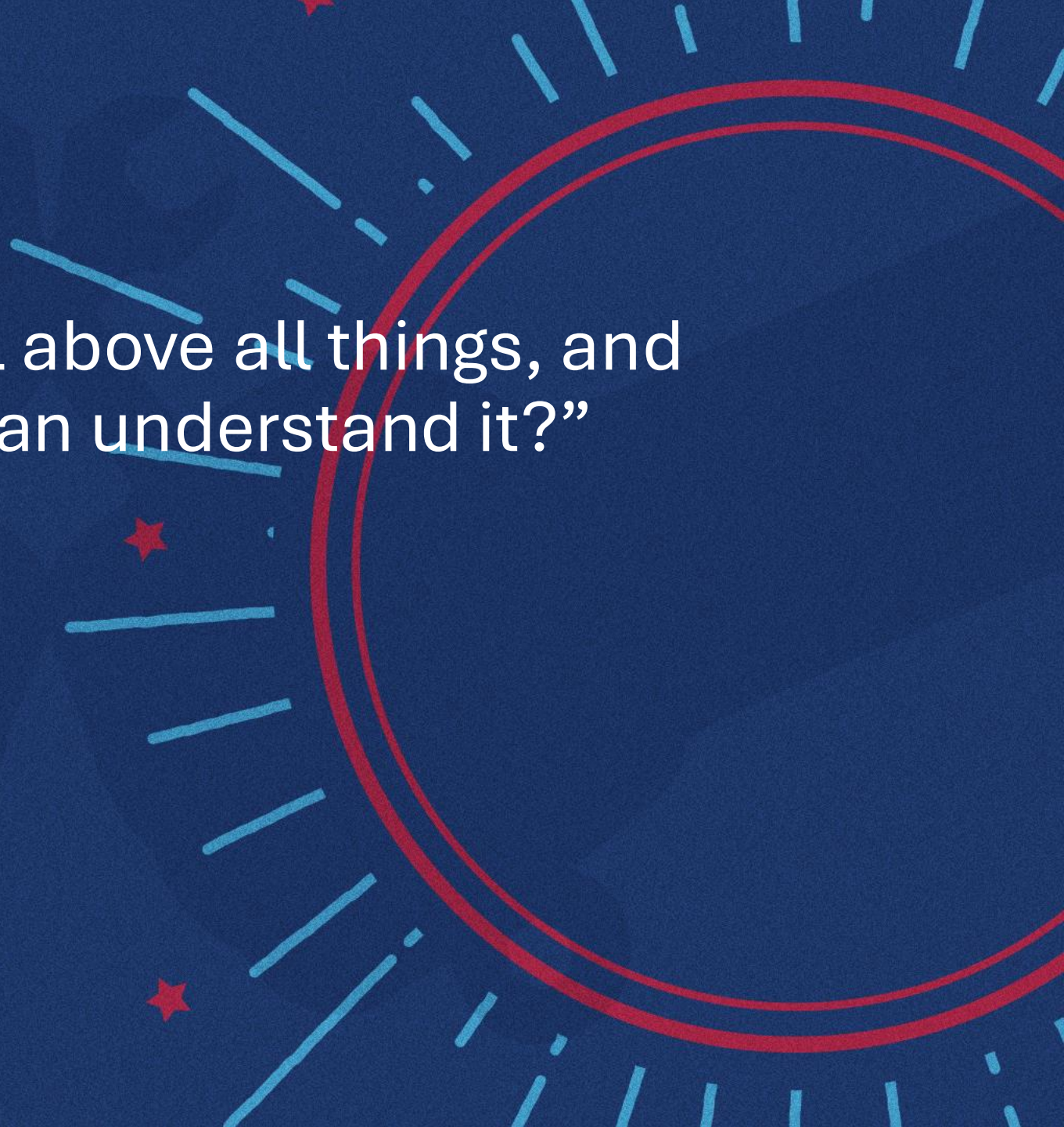
▪ Mark 6:29-32

Three Ingredients for Experiencing Real Rest in Jesus:

**3. Follow your Perfect Savior, not your
Imperfect Heart.**

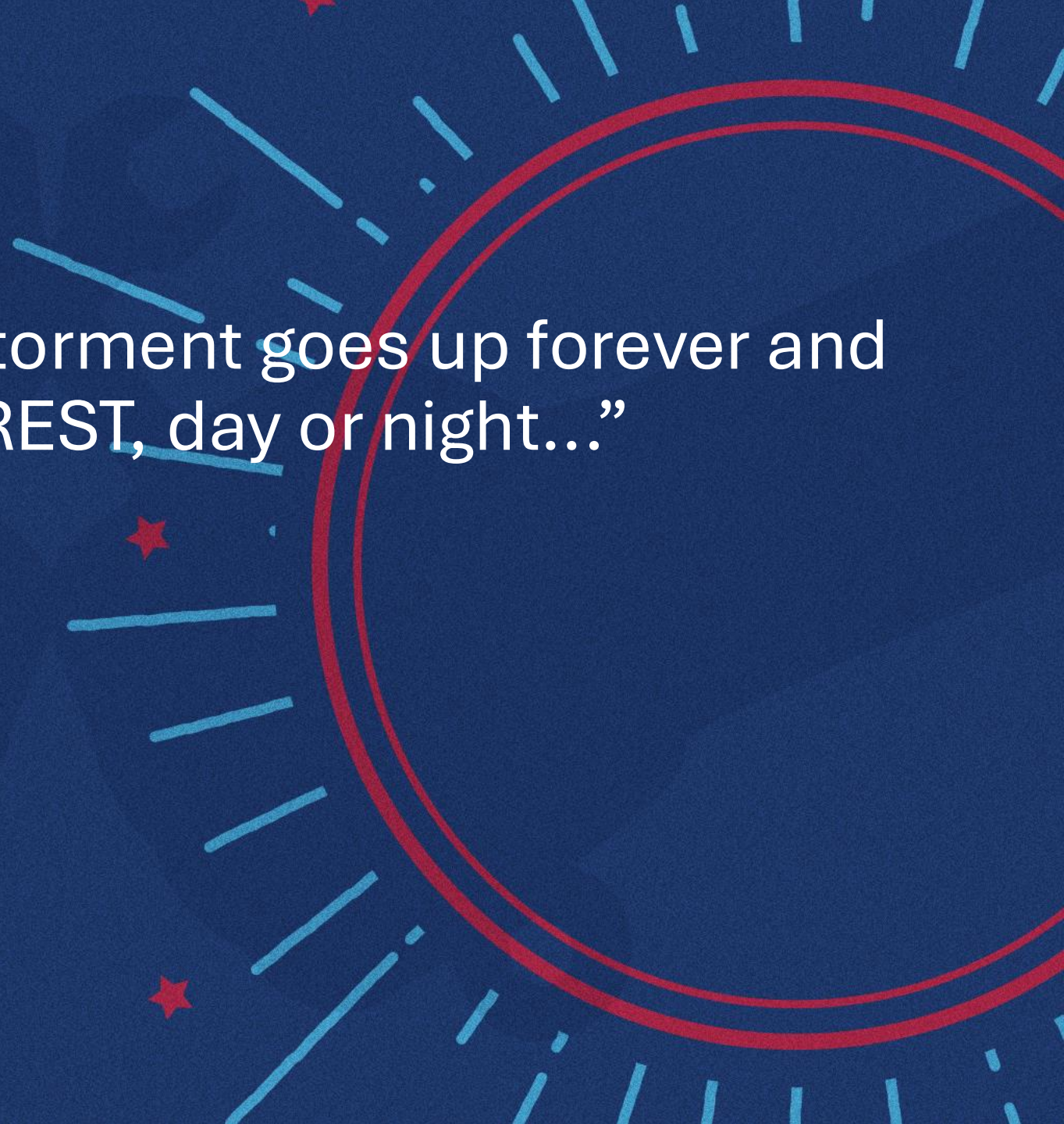
Jeremiah 17:9

“The heart is DECEITFUL above all things, and desperately SICK; who can understand it?”



Revelation 14:11

“And the smoke of their torment goes up forever and ever, and they have NO REST, day or night...”



Revelation 14:13

‘And I heard a voice from heaven saying, “Write this: Blessed are the dead who die in the Lord from now on.” “Blessed indeed,” says the Spirit, “that they may REST from their labors...”’