



## REST

### EPISODE 5 OF 5

*...I have the right to do anything—but I will not be mastered by anything.* 1 Corinthians 6:12

**LIKE MONEY, SOCIAL MEDIA IS A GREAT SERVANT BUT A TERRIBLE MASTER.**

### GOD HAS A SPECIAL REST IN CHRIST

*So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest...* Hebrews 4:9-11

**YOU HAVE MADE US FOR YOURSELF, O LORD, AND OUR SOUL IS RESTLESS UNTIL IT FINDS REST IN YOU. --ST. AUGUSTINE**

*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.* Matt 11:28-29

**MAIN IDEA: WE ARE INVITED TO EXPERIENCE GOD'S SPECIAL REST.**

### HOW DO WE FIND REST?

#### 1) **BE STILL**

*Be still, and know that I am God...* Psalm 46:10

*But I have stilled and quieted my soul like a weaned child with its mother, is my soul within me.* Psalm 131:2

#### 2) **MAKE A PLAN**

*A wise man thinks ahead; a fool doesn't and even brags about it!* Proverbs 13:16

*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...* Jeremiah 6:16

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