

Christmastime 1: Rest

December 4-5, 2021

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What's your vision for peace and joy?

Psalms 55:6 (NIV) **6** I said, "Oh, that I had the wings of a dove! I would fly away and be at rest."

I. We All Need Rest


Isaiah 55:1, 12 (NIV) *God's invitation to come home from exile* **1** "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat!" ... **12** **You will go out in joy and be led forth in peace**; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands."


7 Ways We Know We Are Empty, Tired, and Stressed:


 _____ Exhausted


 _____ Drained

 _____ Overload

 _____ Spent

 _____ Stuck

 _____ Spent

 _____ Empty

We Need Rest!


"There is wisdom in working hard and there is wisdom in rest. Use both and never overlook the other. Rest is a weapon and honest work leads to a life full of blessings." — *Doyle Jackson*

Rest is not an invitation to become a sluggard.

Proverbs 6:9-11 (NIV) **9** How long will you lie there, you sluggard? When will you get up from your sleep? **10** A little sleep, a little slumber, a little folding of the hands to rest— **11** and poverty will come on you like a thief and scarcity like an armed man.

II. How Can I Live Rested?

Mark 6:31 (ESV) *Jesus and the Disciples before the feeding of the five thousand* **31** And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat.

 Sometimes life _____ on our best attempts to rest

Matthew 11:28-30 (NIV) **28** "Come to me, all you who are weary and burdened, and I will give you rest. **29** 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. **30** For my yoke is easy and my burden is light."

① **Come** to God _____

② **Check** your _____ : Body, Soul, and Spirit

③ **Collect** from His _____

III. Receive the Peace and Joy

Romans 14:16-18 (NIV) **16** Therefore do not let what you know is good be spoken of as evil. **17** **For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,** **18** because anyone who serves Christ in this way is pleasing to God and receives human approval.

 Choose to welcome the _____ of the Holy Spirit

Communion

1 Corinthians 11:23-24 (NIV) **23** For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, **24** and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me."

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This Week's Bible Readings (Use the TCND App if you want to listen):

Sat Rest **Sun** Heb 1:1-2:4 **Mon** Heb 2:4-4:16 **Tue** Heb 5-7

Wed Heb 8-10 **Thur** Heb 11 **Fri** Heb 12-13 **Sat** Rest

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