



Rest

9/27/2026

Luke 6:1-11

WHAT IS REST?

Having _____ is not the same thing as *resting*.

WHY DO WE NEED REST?

- We must rest from the _____ underneath the work.
- We have a deep need for _____ rest, without which _____ rest cannot help.

JESUS, LORD OF REST

- If you want rest, you must go to _____.
- If you think you've gone to him but don't have any rest, you've either not _____ what you have, or you've not yet begun to _____ Jesus.
- To rest is to be utterly _____ with what's been done. (*Genesis 1:31-2:1, Hebrews 4:9-11, Matthew 11:28-30*)

GETTING REST – INTERNAL TRUTHS

- See Sabbath rest as an act of _____.
- See Sabbath rest as an act of _____.

GETTING REST – EXTERNAL HABITS

- _____.
- _____.
- _____.
- _____.

Seek _____.

You can listen to today's message at MissionTrailsChurch.com or on the **MTC App**.

Luke 6:1-11

One Sabbath Jesus was going through the grainfields, and his disciples began to pick some heads of grain, rub them in their hands and eat the kernels. ² Some of the Pharisees asked, "Why are you doing what is unlawful on the Sabbath?"

³ Jesus answered them, "Have you never read what David did when he and his companions were hungry? ⁴ He entered the house of God, and taking the consecrated bread, he ate what is lawful only for priests to eat. And he also gave some to his companions." ⁵ Then Jesus said to them, "The Son of Man is Lord of the Sabbath."

⁶ On another Sabbath he went into the synagogue and was teaching, and a man was there whose right hand was shriveled. ⁷ The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath. ⁸ But Jesus knew what they were thinking and said to the man with the shriveled hand, "Get up and stand in front of everyone." So he got up and stood there.

⁹ Then Jesus said to them, "I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?"

¹⁰ He looked around at them all, and then said to the man, "Stretch out your hand." He did so, and his hand was completely restored. ¹¹ But the Pharisees and the teachers of the law were furious and began to discuss with one another what they might do to Jesus.

Hebrews 4:9-11

⁹ There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest...

You can listen to today's message at MissionTrailsChurch.com or on the **MTC App**.