Promise #6:
Rest

[Jesus]
"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 11:28–29 (NIV)

1)   Jesus offers more than physical rest. He offers **SOUL** level rest.

2)   Jesus was busy; but never **HURRIED**.

1. Read & Reflect

"Jesus grew in wisdom and stature, and in favor with God and man." Luke 2:52 (NIV)

"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." Hebrews 4:12 (NIV)

Reading and reflecting helps us
tune out the NOISE and tune in to GOD.

2. Engage

"But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at His feet and, trembling with fear, told Him the whole truth. He said to her, 'Daughter, your faith has healed you. Go in peace and be freed from your suffering.'" Mark 5:32-34 (NIV)

"The heavens declare the glory of God; the skies proclaim the work of His hands." Psalm 19:1 (NIV)

We need to ENGAGE
with people, nature, and the now.

3. Slow Down

"By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done." Genesis 2:2-3 (NIV)

[Jesus] "…Come with Me by yourselves to a quiet place and get some rest." Mark 6:31b (NIV)

Slowing down isn't WEAKNESS.
It's WISDOM.

4. Talk to God

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed." Mark 1:35 (NIV)

"During the days of Jesus' life on earth, He offered up prayers and petitions with fervent cries and tears to the one who could save Him from death, and He was heard because of His reverent submission." Hebrews 5:7 (NIV)

Prayer doesn't have to be FANCY to be FAITHFUL.