

Start Fresh

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.” Matthew 11:28-30 NIV

In the beginning God created the heavens and the earth. ²Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. ³And God said, “Let there be light,” and there was light. ⁴God saw that the light was good, and he separated the light from the darkness. ⁵God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day. Genesis 1:1-5 NIV

So God created mankind in his own image, in the image of God he created them; male and female he created them. ... ³¹God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. Genesis 1:27, 31 NIV

To rest is to trust that what God has done is enough.

As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. ¹⁷And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.” Matthew 3:16-17 NIV

God’s to-DONE list is more important than your to-DO list.

What God Has Done

- **He created you.**
- **He saved you.**
- **He healed you.**
- **He adopted you.**
- **He comforted you.**
- **He called you.**
- **He gifted you.**
- **He goes before you.**
- **He is with you.**

Rest is whatever focuses us on the goodness of God.

Include rest in your ...

- 1. Daily rhythm.**
- 2. Weekly rhythm.**
- 3. Seasonal rhythm.**

TALK IT OVER

Read **Matthew 11:28-30**. In what areas of your life do you feel like you could use some rest?

Share some of the things God has already done for you.

Practically, what would it look like to focus more on the goodness of God and what He's done in order to find rest and start fresh?