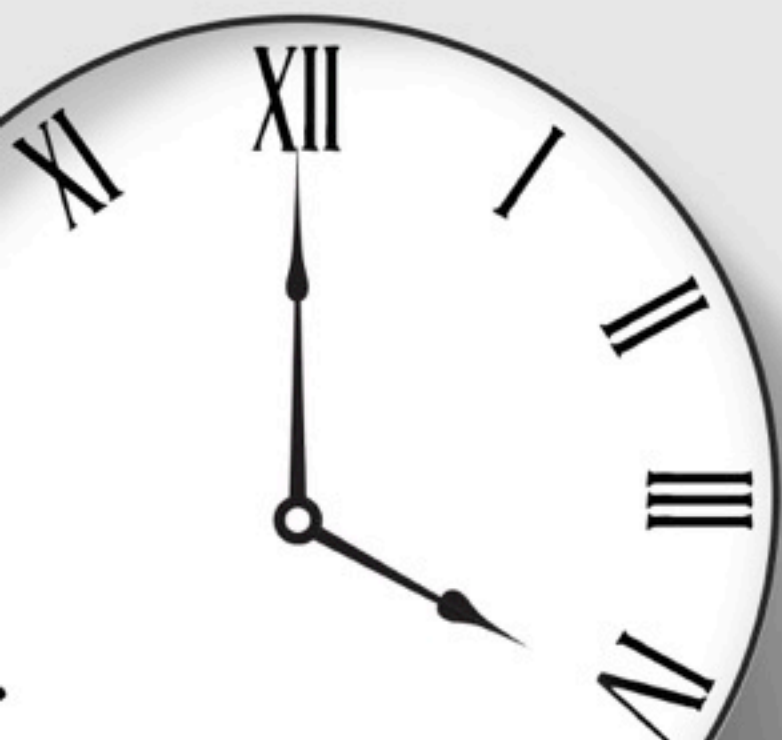
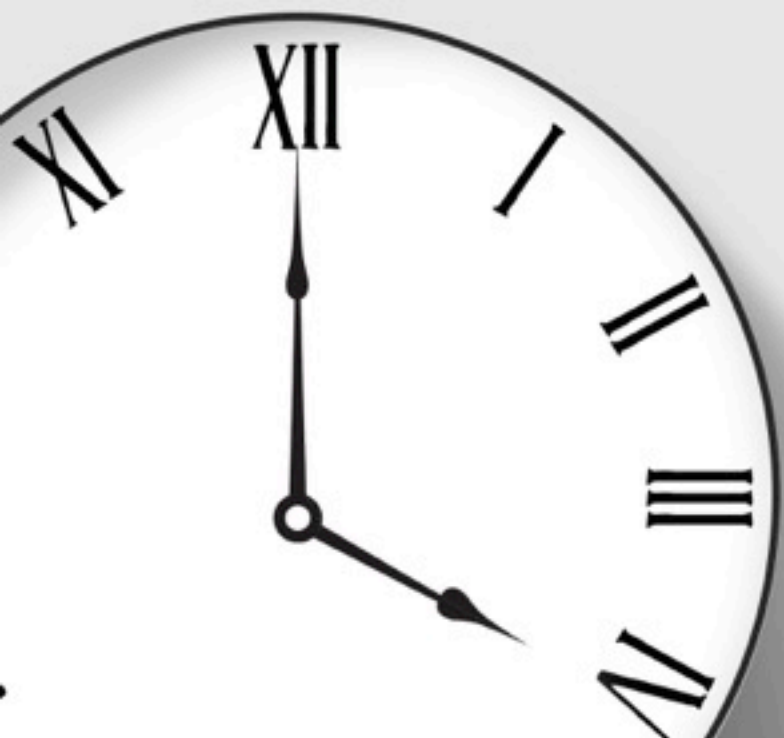


*THE
10 COMMANDMENTS
REST*





“Busyness serves as a kind of reassurance, a hedge against emptiness. Obviously your life cannot possibly be silly or trivial or meaningless if you are busy, completely booked, in demand of every hour of the day.”



**“You are only missing out if
you are missing out on
what HE is doing!!”**

^s“**Remember** the sabbath day,
to keep it holy.
Exodus 20:8 (NASB)

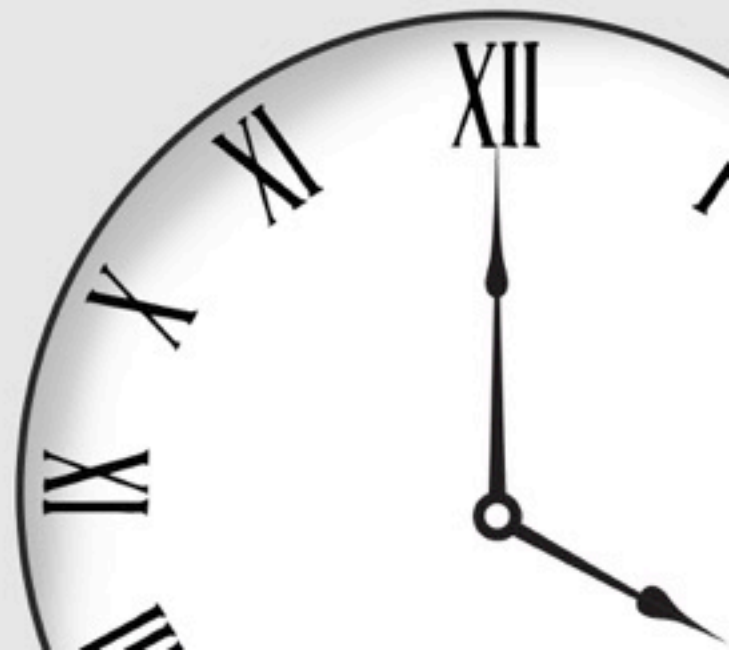
IV

⁸ “**Remember** the sabbath day, to keep it **holy**.

⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. ¹¹ For in six days the LORD made the heavens and the earth, the sea and all that is in them, **and** rested on the seventh day; therefore the LORD **blessed** the sabbath day and made it **holy**.

Exodus 20:8-11 (NASB)

I Rest is a Gift.



1. Retreat from Life.

**“If because of the sabbath, you turn your foot
From doing your *own* pleasure on My holy day,
And call the sabbath a delight, the holy *day* of
the LORD honorable,
And honor it, desisting from your *own* ways,
From seeking your *own* pleasure
And speaking *your own* word,
¹⁴ Then you will take delight in the LORD,
And I will make you ride on the heights of the earth;
And I will feed you *with* the heritage of Jacob your father,
For the mouth of the LORD has spoken.”**

Isaiah 58:13-14 (NASB)

- 1. Retreat from Life.**
- 2. Refresh your Soul.**

**“If we do not allow for a
rhythm of rest in our
overly busy lives, illness
becomes our Sabbath –
pneumonia, or cancer, or
heart attack, or accidents
create Sabbath for us.”**

~ Wayne Mueller

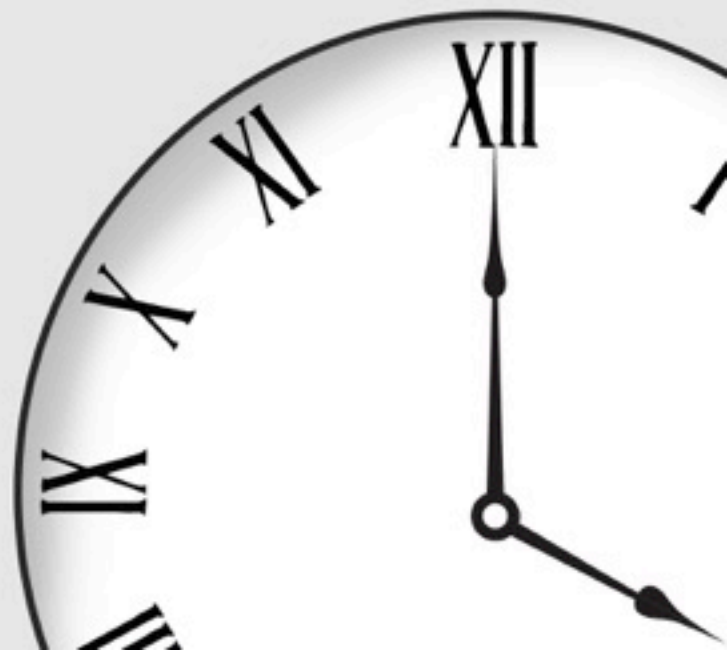
- 1. Retreat from Life.**
- 2. Refresh your Soul.**
- 3. Renew your Focus.**

**The more you are
rested, the less you are
driven by what others
think about you. The
more you are rested, the
more you are driven by
what God alone believes
about you.**

**“There is more to
life than increasing
its speed.”**

~ Mahatma Gandhi

II Rest will bring you peace.



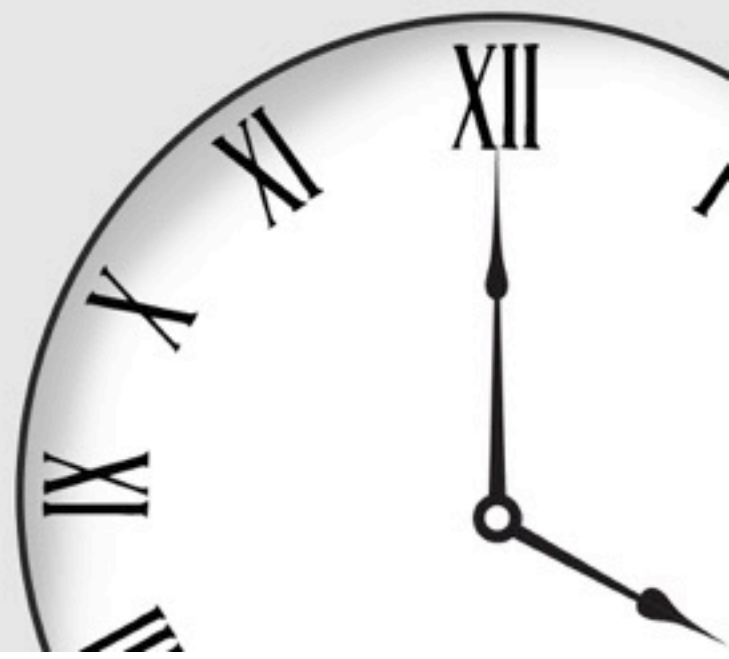
“Come to Me, all who are
weary and heavy-laden,
and I will give you **rest**.
Matthew 11:28 (NASB)

I V

For a child will be born to us, a
son will be given to us; And the
government will rest on His
shoulders; And His name will
be called Wonderful
Counselor, Mighty God, Eternal
Father, Prince of Peace.
Isaiah 9:6 (NASB)

IN

III Rest will allow you to
hear Jesus clearly!



**We often believe that
busyness equals success or
fruitfulness but the truth is
that, unless you walk in rest,
you will not be productive for
the Kingdom of God! God is
always calm and restful and
full of peace!!**

A. Rest will be opposed!

A. Rest will be opposed!

**B. You will need to fight for your REST
without being legalistic!**

**“The Sabbath was made for
man, and not man for
the Sabbath.**

Mark 2:27 (NASB)

