

Refreshed: How to live in an exhausting world.
Pastor Dwight Dalton

SHOW PICTURE OF CAR

Busy - being under Satan's Yoke

Matthew 11:28-30 NIV

What if there were a chance to start fresh? Not just a fresh start, but to start fresh.

Genesis 1:1-5 NIV

Days 2, 3, 4, 5- God created, saw that it was good, evening and morning

Genesis 1:27 NIV

Genesis 1:31 NIV

God created, he saw it was good, there was evening and there was morning ...

It's backwards—evening and morning—morning and evening—evening and morning

That's our rhythm of life, we work, and then we rest.

Jewish—the day starts with rest (eating with family, talking, sleep, and then you work).

Their value was based upon how big their stack of bricks was at the end of the day.

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

66% of millennials think they will become wealthy.

Value is based upon what we cross off our to do list.

Matthew 3:16 NIV

2. God's to DONE list is more important than your to DO list.

God's to done list means we can lay down our to do list.

Rest is whatever focuses us on the goodness of God.

How do we include rest in our rhythm of life?

1. **Daily rhythm**

evening and morning—eating dinner with your family talking about things of substance, reading Bible, guided prayer, walking the dog, 3 minutes before getting out of bed

2. **Weekly rhythm**

7th day God rested, Sabbath, church

3. **Seasonal rhythm**

New Year's party, anniversary celebration, vacation with family, a couple of days in the outdoors

SHOW PICTURE OF CAR

God says there's a better way. It's not just a fresh start. It's to start with rest. To start fresh. To be Refreshed