



Jesus Paid It All

March 29th, 2026

Week 5 Rest: From Pressure to Peace

Matthew 5:17 "I have not come to abolish the Law or the Prophets but to fulfill them."

Fulfill - to _____ what was always _____.

1. _____

2. _____

3. _____

4. _____

5. _____

"Big idea: Rest is _____ God with your past, your present, and your future."

Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.

✓ God is _____ when you trust that He is _____.

In the Beginning

Genesis 2:3 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.

Exodus 16:27–29 Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the Lord said to Moses, "How long will you refuse to keep my commands and my instructions? Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out."

✓When you don't trust God, you will always feel the need to _____.

Jesus, Lord of the Sabbath

Mark 2:27–28 Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.

✓Rest is no longer a _____ but a _____.

The Rest You've Been Looking For

Hebrews 4:9–10 There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his.

Numbers 13:27–28 They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there.

1. Trust God when you don't have _____.

2. Trust God when you don't have _____.

3. Trust God enough to _____ anyway.

✓Rest is trusting that God has _____ your past, is _____ in your present, and is _____ to fulfill His promises.