

When you believe that it's up to you to live righteously, you will not be operating from a place of rest.

As we rest, we trust that God remembers His covenant with us - that He will never leave us or forsake us.

We operate outside of God's rest when we feel we need to take some action in order to bring about a sense of peace.

### **Life Application**

- What specific areas are you struggling to find God's rest in?
- Do you find it difficult to dedicate an entire day to God? If so, why?
- What is the difference between laboring for Christ and laboring in Christ?

## **REST FOR THE WEARY**

### **PASTOR STEVE MARTIN**

**Matthew 11:28-30** (NLT) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

The modern world is afflicted with a growing spiritual emptiness; a tumor of hopelessness and isolation. In our western culture we are materially rich and spiritually impoverished. Our culture is marked by depression, anxiety, addiction, loneliness and suicide. And the common thread is disconnection from others, disconnection from purpose, and disconnection from rest - and ultimately from God. - Charlie Kirk

**Genesis 2:2-3** - Rest is not what happens after creation; it is part of creation. God rested because His work was finished.

The Hebrew word for Sabbath (Shabbat) literally means to " \_\_\_\_\_" or to "\_\_\_\_\_."

**Genesis 2:2-3** - And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

To rest as God intended is for us to enjoy \_\_\_\_\_ and His \_\_\_\_\_.

Holy (Qadosh) means to be \_\_\_\_\_.

**Matthew 12:12b** - "Therefore, It is lawful to do good on the Sabbath"

Jesus did not discard the Sabbath, but stripped it of its human legalism to recover God's original intent.

**Hebrews 4:9-10** - There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His.

In the new covenant, Jesus is our Sabbath rest.

What does it mean to be yoked to Jesus?

**REST - Remember, Enjoy, Seek, Trust**

**Deuteronomy 5:15** - What does God want us to remember?

**Psalms 46:10** - Why is God's rest integral to His plan for saving the world?

Enjoy comes from an old French word meaning "to give joy to; to take delight in"

How does our enjoyment relate to God's rest?

**Matthew 6:33** - But seek first His kingdom and His righteousness, and all these things will be added to you.