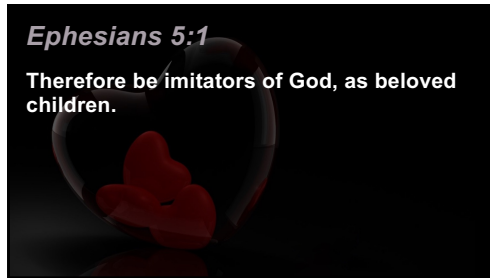
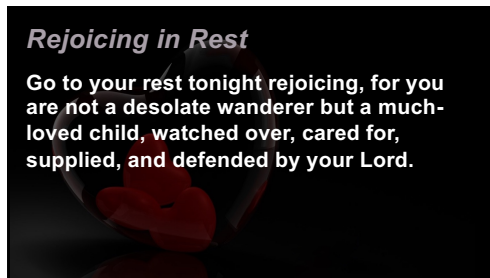




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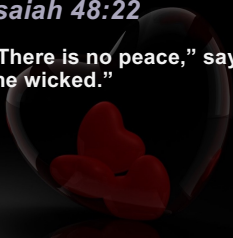


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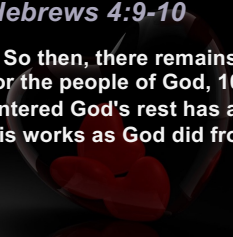
6

Isaiah 48:22
“There is no peace,” says the LORD, “for the wicked.”



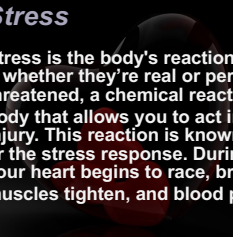
7

Hebrews 4:9-10
9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.



8

Stress
Stress is the body's reaction to harmful situations -- whether they're real or perceived. When you feel threatened, a chemical reaction occurs in your body that allows you to act in a way to prevent injury. This reaction is known as "fight-or-flight," or the stress response. During stress response, your heart begins to race, breathing quickens, muscles tighten, and blood pressure rises.
www.webmd.com



9

Stress Test

	1:Lo	3:Med	5:Hi
Bleak Future			
Mental Fatigue			
Physical Fatigue			
Emotional Stability			
Sickness			

10

Restless wanderers

There's a big difference between a restless wanderer and a sojourner although outwardly they may look similar in their actions.

11

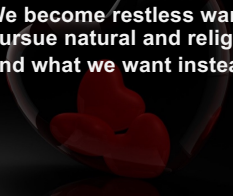
Sojourner vs Restless Wanderer

	Wanderer	Sojourner
Soul	Restless	Rest
Guidance	Natural-Outward	Supernatural-Inward
Energized	Fear	Faith
Motivation	Running away	Running to

12

Restless wanderers

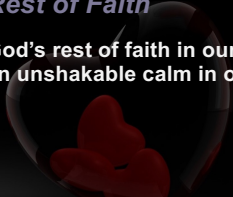
We become restless wanderers when we pursue natural and religious solutions to find what we want instead faith in Christ



13

Rest of Faith

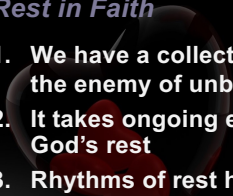
God's rest of faith in our hearts produces an unshakable calm in our souls



14

Rest in Faith

1. We have a collective fight against the enemy of unbelief
2. It takes ongoing effort to enter God's rest
3. Rhythms of rest help recreate



15

Hebrews 4:1-11

1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. 2 For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.

16

Hebrews 4:1-11

3 For we who have believed enter that rest, as he has said, "As I swore in my wrath, 'They shall not enter my rest,'" although his works were finished from the foundation of the world. 4 For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works."

17

Hebrews 4:1-11

5 And again in this passage he said, "They shall not enter my rest." 6 Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience,

18

Hebrews 4:1-11

7 again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted, "Today, if you hear his voice, do not harden your hearts." 8 For if Joshua had given them rest, God would not have spoken of another day later on.

19

Hebrews 4:1-11

9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

20

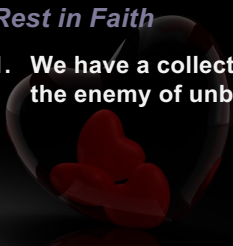
Hebrews 4:1-11

1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. 2 For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.

21

Rest in Faith

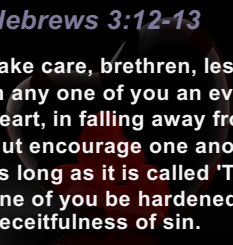
1. We have a collective fight against the enemy of unbelief



22

Hebrews 3:12-13

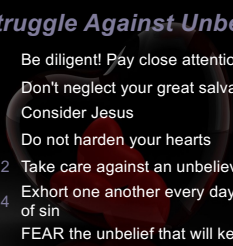
Take care, brethren, lest there should be in any one of you an evil, unbelieving heart, in falling away from the living God. But encourage one another day after day, as long as it is called 'Today,' lest any one of you be hardened by the deceitfulness of sin.



23

Struggle Against Unbelief

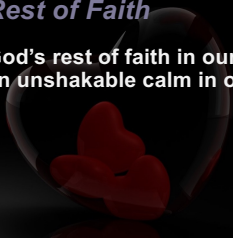
2:1 Be diligent! Pay close attention to what you've heard
 2:3 Don't neglect your great salvation
 3:1 Consider Jesus
 3:8 Do not harden your hearts
 3:12 Take care against an unbelieving heart
 3:14 Exhort one another every day against the deceitfulness of sin
 4:1 FEAR the unbelief that will keep you from your promised rest



24

Rest of Faith

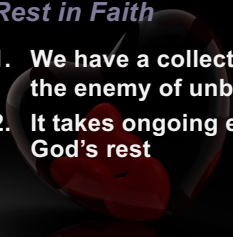
God's rest of faith in our hearts produces an unshakable calm in our souls



25

Rest in Faith

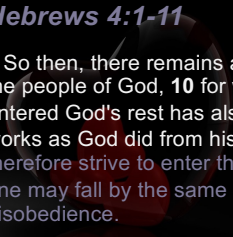
1. We have a collective fight against the enemy of unbelief
2. It takes ongoing effort to enter God's rest



26

Hebrews 4:1-11

9 So then, there remains a Sabbath rest for the people of God, **10** for whoever has entered God's rest has also rested from his works as God did from his. **11** Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.



27

Hebrews 4:11-AMP

11 Let us therefore be zealous and exert ourselves and strive diligently to enter that rest [of God, to know and experience it for ourselves], that no one may fall or perish by the same kind of unbelief and disobedience [into which those in the wilderness fell].

28

Rest in Faith

1. We have a collective fight against the enemy of unbelief
2. It takes ongoing effort to enter God's rest
3. Rhythms of rest help recreate

29

Recreate

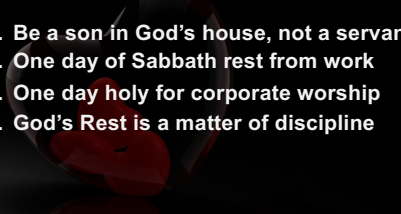
1. To refresh after toil; to reanimate
2. To gratify; to delight
3. To relieve; to revive

-Websters 1828

30

Practical Tips For Rhythms of Rest

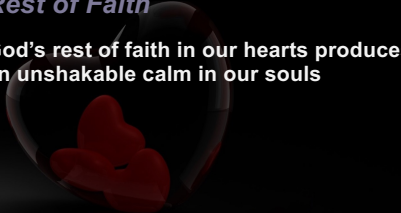
1. Be a son in God's house, not a servant
2. One day of Sabbath rest from work
3. One day holy for corporate worship
4. God's Rest is a matter of discipline



31

Rest of Faith

God's rest of faith in our hearts produces an unshakable calm in our souls



32

BELOVED



33
