



Rest

Mark 2:23-3:6

Pastor Bryan Walmer

March 3, 2024

Rest is something received, not earned.

We need rest.

We are an overworked society.

Our hearts are constantly working to prove ourselves.

Where to find rest:

Our hearts will not rest until they find their place in Jesus.

Through Jesus' work on the cross our work to justify ourselves is finished.

How to practice rest:

Rest is an act of trust.

Take more time to rest.

Balance your time of rest.

Be accountable for rest.