

**Principles of Christian Living: Rest**  
**How to Rest for a Lifetime**  
**Aaron Perlman | July 30, 2023**

*Matthew 11:28-30*

*Leviticus 25:1-7*

*Mark 1:35* - "And in the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and prayed there for a time."

- **Intentionality**
- **Isolation**
- **Invitation**
- **Influential**
  - Jesus – Psalm 23
- **Inspiration (Praise)**