

We are at our BEST
when we get God's REST

*“They are unable to relax and
enjoy anything they
have worked for.”*

- Job 20:18 MSG

When your “rest ethic” isn’t
as strong as your “work
ethic” it leads to

BURN OUT

Five Reasons “Why” We Overwork

**#1 Misplaced Identity:
I Base My Worth
on My Work**

“God decided to give us life through the word of truth so that we might be the most important of everything God created...”

- James 1:18

#2 Materialism:
Always Wanting More
Things

“Watch out! Always be on your guard against all kinds of greed because your life is not defined by how much you make or how many things you own.”

- Luke 12:15

#3 Envy:

Wanting to be Like Others

“I’ve learned why people work so hard to succeed; it is because they envy the things their neighbors have.”

- Ecclesiastes 4:4

#4 Valuing Achievement Over Relationships

#5 Insecurity:

Fear I Won't Have Enough

“It is senseless for you to work so hard from early until late at night, fearing and worrying that you won’t have enough, for God wants his loved ones to get their proper rest.”

- Psalm 127:2 Living Bible

You Were Created
to Rest

“One day a week will always serve as a reminder that I made the heavens and the earth in six days, and then on the seventh day, I rested and relaxed.”

- Exodus 31:17 CEV

Resting is Trusting

“When the day is done, go to sleep in peace, God is awake.”

-Victor Hugo

Resting is Worship

#1 Resting is obedience
to God

#2 God enjoys seeing
you rest

#3 God receives glory
when you rest

When we don't rest, we're
robbing glory from God

Resting RESTores Us

How to Rest

#1 Schedule your rest

#2 Tell the world

#3 Stand your ground

#4 Call your day off your
“Sabbath”

#5 Relax & Play