

Go Get Some Rest! - Sunday Morning, September 4, 2016
Genesis 2:2

The thought of _____, _____, _____
and _____ being the essence of “rest” as God
intended through His creation is a wonderful principle
to uphold.

- 1) Rest from _____ or _____ of life
- 2) Rest from _____ demands
- 3) Rest from our _____, that gives us
_____ with God. The ultimate rest found
in Jesus.

First, let's look at our need to rest from the _____
of life, that is, _____, _____ or _____.
Matthew 11: 28 -29

_____ to Jesus for rejuvenation and refreshment.
Enjoy Him!

God tells us in verse twenty-nine that His yoke
(_____) are easy and the weight of them is light.

Ask for two things:

- 1) His _____ on the subject.
- 2) That He would _____ the burden for me.

Now, let's look at the second type of rest. The rest we
need from _____.

Mark 6: 30 – 31

Exodus 34:21

Lastly and most importantly, let's now look at the
ultimate rest found in Jesus.

Rest from our _____, that gives us _____ with God.

Exodus 33:14

Hebrews 4: 1 – 3

True rest can only be found _____, provided
through _____.

John 13:23

Are you making regular physical, emotional, and
mental times of rest in your days and in each week?

Have you found spiritual rest in Jesus? Have you
taken on His yoke? Are you enjoying God's tranquility
and peace?