

SUNDAY CELEBRATION

* *Worship Songs*

"Desert Song"

"Hosanna"

"I Need You More"

Offering & Tithe

Song

"Come As You Are"

Prayer

Scripture

Matthew 11:28-30

Message

"Finding Rest"

Debbie DiVirgilio

**Prayer Time*

"Fear is a Liar"

**Closing*



July 28, 2019

COME
to me all who are
weary
I will give you
REST

FINDING REST

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”
-Matthew 11:28-30

The most effective rest occurs when we are purposefully reviving the parts of our life we deplete.

✓ _____ is physical

✓ _____ is spiritual

This is what the LORD says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’”
-Jeremiah 6:16

FIVE TYPES OF REST:

My insides are turned inside out; specters of death have me down. I shake with fear, I shudder from head to foot. “who will give me wings,” I ask-“wings like a dove?” Ge me out of here on dove wings; I want some peace and quiet. I want a walk in the country, I want a cabin in the woods. I’m desperate for a change from rage and stormy weather.
-Psalm 55:6-8 (MSG)

1) _____ Rest

Honoring our body’s physical needs is NOT a sign of weakness. None of us are our best when we are depleted.

2) _____ Rest

Mental rest is shutting off activities and thoughts that drain you.

3) _____ Rest

4) _____ Rest

Spiritual rest is where the soul heals.

5) _____ Rest

Social rest makes space for relationships that give you energy.

RESTING CAN CHANGE YOUR LIFE:

✓ Rest: _____ Honesty

✓ Rest: Permission to let go of _____ of others.

✓ Rest: Spiritual _____

✓ Rest: Permission to receive God’s _____

The whole earth is at rest and quiet; They break forth into shouts of joy. -Isaiah 14:7

Rest is a _____ choice and every heart needs _____.