

WELCOME TO HAVEN

April 13, 2025

Welcome

Worship Songs

"Come Alive (Dry Bones)"

"All Hail King Jesus"

Prayer

Scripture for Today

Matthew 11:28-30 (NIV)

Message

"Sick & Tired"

Jack D. Cohen

Offering/Worship Song

"Lord, I Need You"

**Closing*



STANDING ON THE PROMISES

SICK & TIRED

JESUS' PROMISE: “_____ to me & I will give you _____.”

“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.” – Matthew 11:28-29

- _____: _____ from intense labor or trouble; weary from a physical or emotional beating
- _____: _____ rest or peace while doing what needs to be done; peaceful productivity

WRITING ON THE WALL

“This is the inscription that was written: mene, mene, tekel, parsin “Here is what these words mean: Mene^[a]: God has numbered the days of your reign and brought it to an end. Tekel^[b] You have been weighed on the scales and found wanting. Peres^[c]: Your kingdom is divided and given to the Medes and Persians.”
– Daniel 5:25-27

■ **When I am tired, the risk of _____ increase**

“Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.”
– Luke 21:34

■ **When I am tired, my emotions are _____**

“My days go by faster than a runner; they fly away without my seeing any joy.” – Job 9:25 (NCV)

■ **When I am tired, I am _____**

“Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.”
– Proverbs 21:5 (MSG)

■ **When I am tired, I end up _____**

“We are merely moving shadows, and all our busy rushing ends in nothing.” – Psalm 39:6 (NLT)

GETTING REST

■ **Know when to _____**

“It is better to have only a little, with peace of mind, than be busy all the time.” – Ecclesiastes 4:6 (GN)

■ **Get a _____ & keep it _____**

“You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me (God).”
– Exodus 20:9-10 (GN)

“Reverence for God adds hours to each day...” – Proverbs 10:27 (LB)

■ **Get _____ & stay _____ to Jesus**

“The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.” – Psalm 23:1-3

■ **Rest is whatever refocuses you on the _____, the _____, & the _____ of God**

■ **How can I receive this promise? _____**