

# 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 &amp; 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<sup>a</sup>: God has numbered the days of your reign and brought it to an end. Tekel<sup>b</sup>: You have been weighed on the scales and found wanting. Peres<sup>c</sup>: 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? \_\_\_\_\_**