

INVITATION

#REST





John 10:10b (TPT)

But I have come to give you everything in abundance, more than you expect—life in its fullness until you overflow!



Genesis 1:31-2:3 (NLT)

31 Then God looked over all he had made, and he saw that it was very good! And evening passed and morning came, marking the sixth day.

1 So the creation of the heavens and the earth and everything in them was completed.

2 On the seventh day God had finished his work of creation, so he rested from all his work.

Genesis 1:31-2:3 (NLT)

3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Exodus 20:8,11 (NLT)

8 "Remember to observe the Sabbath day by keeping it holy...

11 For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Romans 14:5 (NLT)

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Mark 2:27 (NLT)

27 Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.

Psalm 23:2 (NLT)

2 He lets me rest in green meadows; he leads me beside peaceful streams.

Hebrews 4:9–11a (NLT)

- 9 So there is a special rest still waiting for the people of God.
- **10** For all who have entered into God's rest have rested from their labors, just as God did after creating the world.
- 11 So let us do our best to enter that rest.

STRESS OR SLEEP

Psalm 3:1-6 (NLT)

A psalm of David, regarding the time David fled from his son Absalom.

- 1 O Lord, I have so many enemies; so many are against me.
- 2 So many are saying, "God will never rescue him!" Interlude
- **3** But you, O Lord, are a shield around me; you are my glory, the one who holds my head high.

STRESS OR SLEEP

- I cried out to the Lord, and he answered me from his holy mountain. Interlude
- I lay down and slept, yet I woke up in safety, for the Lord was watching over me.
- I am not afraid of ten thousand enemies who surround me on every side.

STRESS OR SLEEP

- **4** I cried out to the Lord, and he answered me from his holy mountain. Interlude
- **5** I lay down and slept, yet I woke up in safety, for the Lord was watching over me.
- **6** I am not afraid of ten thousand enemies who surround me on every side.

Psalm 23:3 (NIV84)

He restores my soul

ME or WE

Matthew 11:28-30 (NLT)

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

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29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.



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30 For my yoke is easy to bear, and the burden I give you is light."



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Matthew 11:29-30 (TPT)

Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me.

For all that I require of you will be pleasant and easy to bear."





So let us do our best to enter that rest.

Hebrews 11:4

