

# FLIPPED

## Rest

*Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.*

-Exodus 20:8-10 (NLT)

### THE NORMAL PERSPECTIVE OF REST

- DON'T HAVE \_\_\_\_\_ TO REST
- REST MUST BE ON \_\_\_\_\_
- DOESN'T \_\_\_\_\_ TODAY

### THE TRUTH ABOUT REST THAT FLIPS US

- REST IS FOR OUR \_\_\_\_\_.

*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."*

-Mark 2:27 (NLT)

- REST IS \_\_\_\_\_.

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

-Matthew 11:28 (NLT)

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace."*

-Matthew 11:28-29 (MSG)

- REST IS \_\_\_\_\_.

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

-Hebrews 4:9-11 (NLT)