

#struggles

Rest

"I have the right to do anything"—but I will not be mastered by anything.

-1 Corinthians 6:12 (NIV)

- _____% OF PEOPLE CHECK THEIR PHONE EVERY WAKING HOUR
- _____% OF PEOPLE CHECK EMAIL DAILY ON VACATION
- _____% OF TEENAGERS SLEEP WITH THEIR CELL PHONE
- _____% OF MEN & _____% OF WOMEN HAVE NOMOPHOBIA
- _____% OF PEOPLE BELIEVE THEY CAN'T GO A DAY W/O A CELL

OUR HOPE FOR REST

- GOD HAS A SPECIAL _____ IN _____

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)

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

-Matthew 11:28-29 (NLT)

HOW DO WE FIND REST?

1. BE _____

Be still, and know that I am God!

-Psalm 46:10 (NLT)

Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.

-Psalm 131:2 (NLT)

2. MAKE A _____.

A wise man thinks ahead; a fool doesn't and even brags about it!

-Proverbs 13:16 (TLB)

DEFENSIVE PLAN

- 1)
- 2)
- 3)

OFFENSIVE PLAN

- 1)
- 2)
- 3)

This is what the Lord says: "Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls.

-Jeremiah 6:16 (NLT)