



LET'S GO DEEPER

Seeking Revival - Rest - June 30 - Pastor Rob

Matthew 11:28-30

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

1. We are meant to live FROM rest and not FOR rest.

When we are resting completely in Jesus that is the breeding ground of revival in our hearts and in our Church.

Jesus is inviting us to SURRENDER and TRUST Him. Rest is meant to be these two things - surrender and deep trust.

Surrendering to God what is weighing us down, and whatever we need to let go of like business, the hustle and bustle, the need to always be at 100 percent to control everything in our lives, surrendering all the noise around us and then trusting Him with what we don't have yet.

Trusting that He is going to fulfill our souls with exactly what we need. He is inviting us to give whatever is weighing us down in exchange for true soul rest.

2. What does true soul rest look like?

It looks DELIGHTING in Jesus, taking great pleasure in being with Him. Being in constant communion with the Father- praying and talking to Him, knowing what He says. It looks like pulling away from all the other things to be with Him when life gets too loud or too hard.

It looks like worshipping Jesus even when it feels like your life doesn't make any sense. Rest is KNOWING that God is who He says He is and that you can trust Him with your entire being when you surrender to Him.

When we rest and delight in God, surrender and trust become second nature.

QUESTIONS:

1. What does rest means for the Lord?

2. Why is rest important for us?

3. How different is how God sees rest than how we see it?



LET'S GO DEEPER

1. Pick a day & cease from work. Pick a day that works best for your schedule and stick to it- to make it a habit you need to consistently keep at it.

2. Reflect on His Word & be in prayer. If your sabbath does not involve these 2 things than what is the point? Don't know where to start? Start with the gospels. Read through and study the life of Jesus. And pray, reflect and spend time talking to God, thank Him for how He showed up for you that week! We want to delight in Jesus, so just be with Him!

3. Do something that fills you up & brings you rest. Do you love to workout? Do that! Do you love to meet with a friend over coffee? Do that! Do you want to go for a walk and listen to a podcast? Do that! Do you want to stay inside and read a book? Do that! Sabbath= rest. So whatever fills you up and brings rest to your soul you can do that on a sabbath! You don't need to pray 24/7 on your sabbath or only read the Word. God wants you to have fun while you rest.

4. End the day with God. How ev4=]er this looks for you, just end the day with God. Whether you end your day in prayer, listening to a guided meditation, lighting a candle and thanking Him or listening to worship music before you sleep- I encourage you to end the day in His presence however it works best for you.

Putting it all together:

1. Sabbath was established for men and not men for the Sabbath. is made for us and not us. Mark 2:27 *"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."* We need to rest. But truly rest. God knows this that is why he established and ordained the Sabbath. Not as a religious day like Israel took it, but as day or moment to truly pause and rest. He created us, he knows what our body and mind need. Being mindful of never-ending tasks, responsibilities and money generating work is just going to cost us our health, emotional and mental stability and peace. There is more than life than rushing all the time. We NEED rest.

2. True Sabbath. Its not a day in the week. It's a time set a side to invest in us and in God. Spend time with him. Disconnect, recharge and come back again. That is the true Sabbath. Learning to lean and

'QUESTIONS

1. Why is it important to take a time for Sabbath?

2. Do you think Sabbath is needed or just a good thing to have when possible?

3. How are these 4 recommendations helpful for you
