

Rest: A Rhythm of Life

Sermon Outline
December 31, 2017
Pastor Logan Justice

Rest: A Rhythm of Life

Hebrews 3:19-4:11
Matthew 11:28-30

Any good rhythm has _____ and
appropriate _____.

Why Don't We Rest?

1. Afraid of _____. (Will my needs or the world's needs get met?)
2. Afraid of being perceived as _____. (Where does my identity come from?)
3. Afraid of what we will see in the _____. (Can I face the real me?)

Why Do We Rest?

Exodus 16:23b – "Tomorrow is to be a day of rest, a holy Sabbath to the Lord."

Sabbath/rest is not _____; it is _____.

The heart of Sabbath/rest is to cease from our work so we can rest _____ God, enjoying Him and His good gifts.

We rest in order to honor and live within our own _____.

Hebrews 3:19 – "So we see that they were not able to enter, because of their unbelief."

Our response to rest visibly expresses whether or not we _____ God has our best interests at heart.

We rest because we believe God is good and are willing to _____ that belief with our lives.

Matthew 11:28-30 (MSG) – "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. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Ultimately, the Scriptures reveal that true Sabbath-rest, this time of freedom, delight, peace, and restoration, is found in _____.

We rest because we have a relationship with the _____ of all things.

Practical Steps to Rest

1. _____ –
What helps you receive God's care?
2. _____ – What could a regular practice of rest look like?
3. _____ – When could you start this New Year?

Rest: A Rhythm of Life

Sermon Outline
December 31, 2017
Pastor Logan Justice

Rest: A Rhythm of Life

Hebrews 3:19-4:11
Matthew 11:28-30

Any good rhythm has _____ and
appropriate _____.

Why Don't We Rest?

1. **Afraid of** _____. (Will my needs or the world's needs get met?)
2. **Afraid of being perceived as** _____. (Where does my identity come from?)
3. **Afraid of what we will see in the** _____. (Can I face the real me?)

Why Do We Rest?

Exodus 16:23b – "Tomorrow is to be a day of rest, a holy Sabbath to the Lord."

Sabbath/rest is not _____; it is _____.

The heart of Sabbath/rest is to cease from our work so we can rest _____ God, enjoying Him and His good gifts.

We rest in order to honor and live within our own _____.

Hebrews 3:19 – "So we see that they were not able to enter, because of their unbelief."

Our response to rest visibly expresses whether or not we _____ God has our best interests at heart.

We rest because we believe God is good and are willing to _____ that belief with our lives.

Matthew 11:28-30 (MSG) – "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. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Ultimately, the Scriptures reveal that true Sabbath-rest, this time of freedom, delight, peace, and restoration, is found in _____.

We rest because we have a relationship with the _____ of all things.

Practical Steps to Rest

1. _____ –
What helps you receive God's care?
2. _____ – What could a regular practice of rest look like?
3. _____ – When could you start this New Year?