

REST

WHAT THE BIBLE SAYS ABOUT REST

²³One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. ²⁴The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” ²⁵He answered, “Have you never read what David did when he and his companions were hungry and in need? ²⁶In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.” ²⁷Then he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸So the Son of Man is Lord even of the Sabbath.”

Mark 2:23-28 (NIV)

You have made us for yourself, and our heart is restless until it rests in you.

- *Augustine*

THE GIFT OF REST

**Rest Is A Gift
Because It Is Finished**

²By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2:2-3 (NIV)

Since salvation is a finished work, we dare not add anything to it,
or take anything from it.

Warren Wiersbe

Boy found in Montana woods after missing for 48 hours

June 9, 2022



NEWS

⁹“The workers who were hired about five in the afternoon came and each received a denarius. ¹⁰So when those came who were hired first, they expected to receive more. But each one of them also received a denarius. ¹¹When they received it, they began to grumble against the landowner. ¹²‘These who were hired last worked only one hour,’ they said, ‘and you have made them equal to us who have borne the burden of the work and the heat of the day.’

Matthew 20:9-15 (NIV)

¹³“But he answered one of them, ‘I am not being unfair to you, friend. Didn’t you agree to work for a denarius? ¹⁴Take your pay and go. I want to give the one who was hired last the same as I gave you. ¹⁵Don’t I have the right to do what I want with my own money? Or are you envious because I am generous?’

Matthew 20:9-15 (NIV)

**Rest Is A Gift
Because We Don't
Have To Worry
Anymore**

THE WORRY SPECTRUM

Therefore do not worry about tomorrow, for tomorrow will worry about itself.

Matthew 6:34

The LORD sits enthroned over the flood; the LORD is enthroned as King forever.

Psalms 29:10

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

Psalms 55:22

Do not be anxious about anything...

Philippians 4:6

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

Psalms 27:1-2

LOW-GRADE

STRESS

FEAR

Worry Spectrum Here

If you look at the world, you'll be distressed. If you look within,
you'll be depressed. If you look at God you'll be at rest.

Corrie ten Boom