

We are _____ because we are so _____

Because we are busy we are _____

We are tired, but we don't know how to _____

Our issue is the _____ of rest

Psalm 127:2 (NLT)

Hebrews 4:1

Rest is deeper than _____

Rest is more than _____

Rest is better than _____

Matthew 11:28-30 (NLT) - *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."*

1. We rest in _____

Hebrews 4:2-4 (NLT) *...For only we who believe can enter his rest...*

We enter through _____ and remain through _____

2. We rest by keeping the _____

Exodus 20:8-10 - *Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God.*

Hebrews 4:9 - *There remains, then, a sabbath-rest for the people of God.*

We enter through _____

3. We rest through _____

Hebrews 4:11 - *Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.*

We enter by attaching God's purpose to our _____

Revelation 14:13 - *...They will rest from their labor, for their deeds will follow them.*

Going Deeper

1. In what ways does "Real Rest" differ from the rest that comes from sleep, time off, or escape?
2. What are your common go-to "escapes" when stress hits you?
3. What are you inspired to do as the result of this message?

**We are stressed because we are so busy
Because we are busy we are tired
We are tired, but we don't know how to rest**

Our issue is the absence of rest

Psalm 127:2 (NLT)
Hebrews 4:1

Rest is deeper than sleep

Rest is more than time-off

Rest is better than escape

Matthew 11:28-30 (NLT) - *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."*

1. We rest in salvation.

Hebrews 4:2-4 (NLT) ...*For only we who believe can enter his rest...*
We enter through repentance and remain through relationship

2. We rest by keeping the Sabbath.

Exodus 20:8-10 - *Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God.*

Hebrews 4:9 - *There remains, then, a sabbath-rest for the people of God.*

We enter through discipline

3. We rest through significance.

Hebrews 4:11 - *Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.*

We enter by attaching God's purpose to our position

Revelation 14:13 - *... They will rest from their labor, for their deeds will follow them.*

Going Deeper

1. In what ways does "Real Rest" differ from the rest that comes from sleep, time off, or escape?
2. What are your common go-to "escapes" when stress hits you?
3. What are you inspired to do as the result of this message?