

**“Soul Rest”
January 3, 2021**

²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.” Matthew 11:28-30

There is rest available in Jesus that we _____

1. We can rest from _____

¹The 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? ²When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.” Psalm 27:1-2

³⁰The apostles returned to Jesus and told him all that they had done and taught. ³¹And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. ³²And they went away in the boat to a desolate place by themselves.”

Mark 6:30-32

2. We can rest from _____

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” Psalm 46:10

3. We can rest from _____

⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:6-8

4. We can rest from _____

¹There is therefore now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.” Romans 8:1-2

**NEXT WEEK
Join us for a brand new series!**

