

OVERCOME

The Way of Rest

- Is my _____ of life draining _____ from my life?

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30 (NIV)

Jesus invites me to:

- Remove the _____ of religion.

...watch out, all you religious scholars! Judgment will come on you too! You load other people down with unbearable burdens of rules and regulations, but you don't lift a finger to help others.

Luke 11:46 (VOICE)

- Rest and _____ with him.

Now since we have chosen to walk with the Spirit, let's keep each step in perfect sync with God's Spirit.

Galatians 5:25 (VOICE)

- Rely on his _____ of grace.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Hebrews 4:9-11 (NIV)

Discussion Questions

1. Reflect on the past week or so and describe your pace of life in this season. Is it hurried, steady, leisurely? Are you walking at a pace that brings you peace, or are you drained?
2. What areas of your life can use some unburdening? How would you go about lightening your load for a season to regain peace?
3. What does rest look like for you? How does your body respond to rest? Are you carving enough time to attend to your wellbeing? If not, what things can you reprioritize to allow you time for yourself with Jesus?

Recommended Resources

- *An Unhurried Life*, by Alan Fadling
- *The Ruthless Elimination of Hurry*, by John Mark Comer
- *Soul Keeping*, by John Ortberg
- *Life Without Lack*, by Dallas Willard
- *Breathing Room*, by Leana Tankersley

NIV (New International Version)

VOICE (The Voice)

The Way of Rest - FILL COPY

- Is my PACE of life draining PEACE from my life?

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30 (NIV)

Jesus invites me to:

- Remove the BURDENS of religion.

...watch out, all you religious scholars! Judgment will come on you too! You load other people down with unbearable burdens of rules and regulations, but you don't lift a finger to help others.

Luke 11:46 (VOICE)

- Rest and WALK with him.

Now since we have chosen to walk with the Spirit, let's keep each step in perfect sync with God's Spirit.

Galatians 5:25 (VOICE)

- Rely on his RHYTHMS of grace.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

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