



Sermon series: Press Pause
Text: Matthew 11:25-12:14
Delivered: October 2nd, 2022
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Pause to Restore

Big Idea: God Gives Us Rest to Restore Humanity.

Invitations of Rest

- The Invite is FROM _____.
- The Invite is FOR _____.

Imitations of Rest

- The Sabbath is a _____ that _____ to Jesus.
- Rest is found in a _____, Not the _____ of Work.

Illustrations of Rest

- Finding Rest Looks Like _____ Jesus for _____.
- Finding Rest Looks Like _____ Jesus for _____.

Follow-Up Questions:

1. *What warning signs do you notice when you need rest?*
2. *What fences have you found that guided you to a good path?*
3. *What fences have you found that kept you from a good path?*
4. *How are surface rest and soul rest related to each other?*
5. *What activities do you find energizing & life-giving?*
6. *What activities do you find draining & soul-sucking?*
7. *What are your daily, weekly, & yearly rhythms for surface & soul rest?*
8. *Do Christians need to keep a Holy Day of Rest? Why or Why Not? (See Articles Below)*
9. *What area of life is causing you restlessness?*

Additional Resources:

- 4 Ways to Win the Battle Against Busyness
<https://www.thegospelcoalition.org/article/4-ways-to-win-the-battle-against-busyness/>
- Sabbath Rest is for Busy Moms, Too
<https://www.thegospelcoalition.org/article/sabbath-rest-moms/>
- Consider the Role of the Sabbath Day as a Christian:
 - <https://www.thegospelcoalition.org/article/christians-sabbatarians/>
 - <https://www.thegospelcoalition.org/article/sabbath-enduring-principle/>
 - <https://www.thegospelcoalition.org/article/sunday-not-christian-sabbath/>