



Sermon series: Press Pause

Text: Deuteronomy 5:12-15; Matthew 11:28-30

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Pause to Rejoice

Big Idea: We need rest that goes beyond the surface of our lives into the center of our souls.

Rest is a _____ of our _____ from slavery. (Deut. 5:15)

1. We are prone to worship _____ that _____ us of rest. (Ezekiel 20:16)
2. _____ lies under the surface of our rest.

“Ultimately, rest is an act of resistance against the sire calls of our idols to work for them. By stopping, we take up arms against the great Western gods of achievement, money, and self-determination. So when you rest, worship. I’m always a little amazed at how many people I counsel about rest, but who never open their Bibles on their day off. The art of rest is about learning how to rest with Jesus, not from Jesus.” -Adam Mabry

Rest is a _____ we receive; not a _____ we earn. (Matthew 11:28-30)

1. We can rest because of who God _____.
2. We can rest because of what Jesus has _____. (John 19:30)
3. _____ lies under the surface of our rest. (Hebrews 4:1-3)

Rest is a continual _____ of burdens (Matthew 11:28-30).

1. We give Jesus our _____ and He gives us _____.
2. _____ lies under the surface of rest.

Rest is a taste of the _____ we are _____.

What are your habits and practices for resting well? What do you do to intentionally rest?

What is the idol(s) that most easily rob you of rest?

What are some ways you incorporate worship of God into your day of rest?

When you think about God, what is the picture that most often pops into your mind as you think about him?



In what ways does the gospel enable you to rest? What is it specifically that Jesus has done that you no longer have to do?

What are some of the ways you still feel the pressure to prove yourself and justify yourself? What's the message you can preach to yourself in the midst of those moments?

What are some of the burdens you feel like you are currently bearing in your life? What does it look like to roll these burdens unto Jesus and trust him with them? What does it look like to find support from other Christians as you carry these burdens?

Can you think of a time where you shared something with someone else, they prayed for you, and you walked away feeling a little less burdened? What keeps us from doing that with each other more often?

What does the ideal day of rest look like for you? How is it encouraging to you to know those days are just a taste of the future?