

You are _____ to offer.

It is _____ to rest.

THOUGHT: Problems don't _____ you.

_____ problems do.

QUESTION: As a Christian, do you feel that you must _____

_____ to _____ others?

BOTTOM LINE: In order to make a _____,

you must take _____ of yourself.

BIG IDEA: You need _____ to be at your _____.

WHY IT MATTERS: _____ are all you have to _____.

Guidelines & Benefits of Rest

1. Rest in the _____

We have a calling to _____

in a _____

2. Rest in the _____

There is _____ without _____

We have to be _____ to _____ in order to rest.

Guidelines & Benefits of Rest (cont.)

The Bible teaches that those who do not work are _____.

However, the Bible also says that those who don't rest are

_____.

3. Rest allows for physical _____.

REMINDERS: Jesus _____ collapse when your life does.

Changing your _____ can change your _____.

If you are looking for a breakthrough, you may just need to take a break.

4. Rest allows your _____ _____ _____ with you.

A key component to rest is _____

Application

1. _____ trusted _____

to hold you accountable to rest.

2. _____ to what they say and _____

_____ in life now, before it is too late.

3. Focus on _____ ... never _____.