

Message Notes

July 10.2022

Work and Rest
Jesus' Invitation to Rest (Mt. 11:28-30)
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Hurry Sickness Quiz

The Problem of Busyness

- ◆ Many of us feel overwhelmed, _____, and exhausted.
- ◆ Working without intentional rest has physical, emotional, mental and spiritual _____.
- ◆ We're exploring the two life-giving rhythms of _____ & _____ that God has designed for us.
- ◆ Unless we slow down, it's _____ to give ourselves fully to the way of Jesus and His mission.

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. (Mt. 11:28-30)

The Invitation to Rest

- ◆ Jesus doesn't call us to do something. He calls us to _____.
Mt. 4:18-22; 9:9; 16:24; Mk. 1:16-20; Luke 5:2-11; Jn. 21:19
- ◆ We are living _____ and Jesus offers us _____ for our souls. Gen. 2:7
- ◆ Jesus' yoke is an invitation to _____ life by His side with Him _____ the load. Josh. 1:9; Is. 41:10; Mt. 28:20; Jn. 14:16-17
- ◆ Jesus offered a _____ yoke than the religious leaders – a yoke that was _____ to bear.
- ◆ Jesus' easy yoke is _____.
- ◆ We _____ to wear the yoke with Jesus. Jn. 13:15; 1 Pet. 2:21; 1 Jn. 2:6

Our Response

- ① What do you _____? Mt. 20:32; Mk. 10:51; Lk. 18:41; Jn. 1:38
- ② What _____ to _____?

1. Irritability _____
2. Hypersensitivity _____
3. Restlessness _____
4. Workaholism _____
5. Emotional numbness _____
6. Out of order priorities _____
7. Lack of care for our bodies _____
8. Escapist behaviors _____
9. Slippage of spiritual disciplines _____
10. Isolation _____