

Rest

When we are content, we can enjoy rest. When we are not content, we cannot rest.

- **Why do we feel so busy?**

We feel busy due to the pace of American culture, the pace and volume of information, the social pressure to do it all, the stress of having so many choices, the fear of danger, social isolation, multitasking, and the constant pressure to sacrifice leisure for productivity. In a word, *Stress!*

- **Psalm 23:1-2:** “The Lord is my shepherd; I shall not want. He makes me lie down in green pastures.”

1. Jesus will settle our Fears.

- **2 Timothy 1:7:** “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”
- **1 John 4:18a:** “Such love has no fear, because perfect love expels all fear.”
- **Psalm 34:4:** “I prayed to the LORD, and he answered me. He freed me from all my fears.”
- **Isaiah 41:10:** “Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”
- **John 10:27**

2. Jesus helps us build healthy relationships.

- **How do we build and maintain healthy relationships?**
 - Contentment
 - Grace
 - Forgiveness
 - People over issues
- **Matthew 7:12**

3. Jesus helps us with our Pest.

- **What is pestering us?**
 - Having too much
 - People pleasing
 - Hypocrisy
- **Solomon 2:15:** “Catch the foxes for us, the little foxes that ruin the vineyards.”

4. Jesus will feed us.

- **Matthew 4:3-4**
- **Psalm 1:1-3**
- **Job 23:12**
- **John 6:54-58**
- **Practice- Sabbath**
 - **Genesis 2:8-14**
 - **Genesis 2:15**
 - **Genesis 2:16-17**