

A background image showing the Earth from space, with a bright sun in the upper right corner creating a lens flare effect. The Earth's blue atmosphere and white clouds are visible against the blackness of space.

A TIME FOR...

“Refreshment & Rest”

**“God, in his goodness,
created rest because he
considers it as important
as work.”**

Rick Warren

What Builds Pressure in Life?

Mark 6:7-9; 30-31_{NLT}

⁷ ...he called his twelve disciples together and began sending them out two by two, giving them authority to cast out evil spirits. ⁸ He told them to take nothing for their journey except a walking stick—no food, no traveller's bag, no money. ⁹ He allowed them to wear sandals but not to take a change of clothes.

³⁰ The apostles returned to Jesus from their ministry tour and told him all they had done and taught. ³¹ Then Jesus said, “Let's go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

“Rest is a fundamental part of success, health, and happiness. There are many distractions in this digital world, and always something (or someone) requiring your attention. No matter what your schedule or task list may look like, resting and unplugging is vital to your long-term health.”

Heals Your Body
Reduces Stress
Boosts Creativity
Improves Productivity
Enhances Decision Making

Forbes Magazine, Jan 2021

How to Take the Pressure Off?

- Say NO to what's NOT really necessary
- Make TIME for what IS important
(Ask God to help me find space / focus)
- Reset MY Health Disciplines:
 - Consume Wisely, Exercise Appropriately, Sleep Properly
- Reset MY Spiritual Disciplines:
 - Word, Prayer, Serving, Giving, Fellowship, Intentional Rest!

People Need True Refreshment and Rest!

Psalm 23:1-3_{NLT}

¹ The Lord is **my shepherd**; I have all that I need. ² **He lets me rest** in green meadows; he leads me beside peaceful streams. ³ **He renews my strength**. He guides me along right paths, bringing honour to his name.

God Had to Tells us to Rest!

Exodus 20:8-11_{NLT}

⁸ “Remember to observe the Sabbath day by keeping it holy.
⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Important Principles of Sabbath-Rest!

Mark 2:27_{NLT}

²⁷ Then Jesus said to them, “The Sabbath was made to meet the needs of people, and **not people to meet the requirements of the Sabbath.**

Hebrews 4:9-10_{NIV}

⁹ There **remains**, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God’s rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, **make every effort** to enter that rest...

How to Find True Rest and Refreshment?

Matthew 11:28-30_{NLT}

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light.”

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