

Today's Message: Soul Rest: Part 1

'Breathe' by Johnny Diaz

Alarm clock screaming bare feet hit the floor
It's off to the races everybody out the door
I'm feeling like I'm falling behind, it's a crazy life
Ninety miles an hour going fast as I can
Trying to push a little harder trying to get the upper hand
So much to do in so little time, it's a crazy life
It's ready, set, go it's another wild day
When the stress is on the rise in my heart I feel you say just

Breathe, just breathe
Come and rest at my feet
And be, just be
Chaos calls but all you really need
Is to just breathe

Third cup of joe just to get me through the day
Want to make the most of time but I feel it slip away
I wonder if there's something more to this crazy life
I'm busy, busy, busy, and it's no surprise to see
That I only have time for me, me, me
There's gotta be something more to this crazy life
I'm hanging on tight to another wild day
When it starts to fall apart in my heart I hear you say just

Is to take it in fill your lungs
The peace of God that overcomes
Just breathe
So let your weary spirit rest
Lay down what's good and find what's best
Just breathe

Soul Rest:

*"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."
~ Jesus in Matthew 11:28-29 ESV*

Your soul will only ever be at rest in [Jesus](#).
(John 15:4-5, 11:25-26; Hebrews 4)

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Pastor Kent Chevalier

August 20 & 21, 2016

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The Rhythm of Soul Care:

Hebrew - *Shabbat* = to cease, to end, to rest

Sabbath is a seventh day to stop and rest.

(Genesis 2:1-3; Exodus 20:11; Deuteronomy 5:12-15)

- Faith, family/friends, fun
- Not an excuse for laziness
(Mark 3:1-6; Luke 3:10-17, 6:1-11)

Sabbath is a daily trust that God is in control.

(Psalm 37:5-7; 55:22, Matthew 6:33; Philippians 4:6-7; 1 Peter 5:7)

- Relationship with God is key
(Deuteronomy 31:6; Isaiah 41:10; Romans 8:38-39)
- Trust God's grace for the rest of the week

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Small Group or Personal Reflection Questions:

1. When you were growing up, did your family observe a Sabbath day? If yes, what did you do on that day?
2. Read John 15:4-5. What do you do to abide in Jesus?
3. Read Hebrews 4. What do you think 'the rest of God' is according to this passage?
4. What hindrances do you have that keep you from Sabbath rest?
5. What is the Holy Spirit revealing to you about Soul Rest? How are you going to obey what has been revealed?

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