

The Gift of Rest

September 12 & 13, 2026

THE
HURRY
PROBLEM

Modern Life + Religious Performance = Weariness.

Hurry erodes soul health.

Matthew 11:28-30 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

I Experience God's Rest When I:

1 _____ carrying what was never mine to carry.

Matthew 11:28 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Two Facts:

- The word "_____" describes someone exhausted from labor.
- The phrase "_____" refers to loads placed upon someone.

1 Peter 5:7 (NLT)

Give all your worries and cares to God, for he cares about you.

Psalms 55:22 (TPT)

So here's what I've learned through it all: Leave all your cares and anxieties at the feet of the Lord, and measureless grace will strengthen you.

How?

- _____ my burdens to Jesus constantly.
- _____ pressure as it builds.
- _____ striving for surrender.

Matthew 11:29a (NLT)

Take my yoke upon you.

The question is not whether I'll carry a _____.

The question is _____ yoke will I carry?

Psalms 127:1-2 (NLT)

Unless the Lord builds a house, the work of the builders is wasted... for God gives rest to his loved ones.

Proverbs 3:5-6 (NLT)

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

Isaiah 26:3 (NLT)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

How to Let Go:

- _____ control of things I cannot change.
- _____ God with the outcome.
- _____ surrender or self-reliance.

Matthew 11:29b (NLT)

Let me teach you, because I am humble and gentle at heart...

Exodus 16:21-23 (ESV)

Morning by morning they gathered it, each as much as he could eat; but when the sun grew hot, it melted. On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, he said to them, "This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.'"

Ephesians 2:8-9 (NLT)

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.

Romans 8:1 (NLT)

So now there is no condemnation for those who belong to Christ Jesus.

How to Receive Rest:

- _____ attaching my worth to productivity.
- _____ myself to rest without guilt.
- _____ God's gift instead of trying to earn it.

4

_____ margin before burnout builds it for me.

Matthew 11:29c (NLT)

...and you will find rest for your souls.

Mark 6:31 (NLT)

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.

Ecclesiastes 4:6 (NLT)

And yet, "Better to have one handful with quietness than two handfuls with hard work and chasing the wind."

Matthew 6:6 (MSG)

"Here's what I want you to do: find a quiet, secluded place so you won't be tempted to role-play before God. Just be there is simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace."

How?

- _____ rest now before life demands it.
- _____ margin into my week.
- _____ the difference between rest and recovery.

5

_____ time for what restores me.

Matthew 11:30 (NLT)

"For my yoke is easy to bear, and the burden I give you is light."

Psalms 23:1-3 (NLT)

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

Isaiah 40:31 (NLT)

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

How to Make Time:

- _____ time with God that's not rushed.
- _____ down in His presence.
- _____ restore what activity cannot.

Jesus's Invitation:

- "Come to me" – Stop carrying what was never yours to carry.
- "Take my yoke" – Let go of control.
- "Learn from me" – Receive instead of striving.
- "You will find rest" – Build margin for restoration.
- "My yoke is easy" – Live from a place of ongoing soul renewal.

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- **R e l e a s e** pressure as it builds.
- **E x c h a n g e** striving for surrender.

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L e t g o of control and trust God with what I can't.

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