



**#98 HE IS OUR EMPOWERING REST**  
(JANUARY 6, 13, 20, 27)

**KEY THEME:** The Lord, our Empowering Rest, is always there for us to Refresh, restore, and strengthen our souls!

**MESSAGE/TAKEAWAYS:**

The Lord, our Empowering Rest, yearns for us to . . .

**1. REST IN HIS SON'S SALVATION.** *For indeed we have had good news preached to us . . . united by faith . . . For we who have believed enter that rest,* (Hebrews 4:2-3)

[] **Why heathen rage? Snare of Devil. Romans 7 internal conflict**

**2. REST IN THE WAY THAT HE RESTED.** *By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done.* (Genesis 2:2)

[] **Bow always bent. Muscular rest. Fallow ground. Year of Jubilee.**

**3. REST IN HIS GIFT OF THE SABBATH.** *For in six days the Lord made the heavens and the earth ... and rested on the 7th day; therefore the Lord blessed the sabbath day and made it holy.* (Exodus 20:11)

[] **Cycle of 7. Pharisees. Snow days! Replenish! Sabbatical. Divert...**

**4. REST IN SECLUSION WITH HIM.** *And He said to them, "Come away by yourselves to a secluded place and rest a while." (For there were many people coming and going)* (Mark 6:30-31)

[] **Come to the Quiet. Psalm 23:1-2. Isolation vs. Solitude. (Upper room)**

**5. REST IN HIS SON'S GENTLE YOKE.** *Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you ... for I am gentle . . . find rest for your souls.* (Matthew 11:28-29)

[] **Run faster. White knuckling. Wit's end. Runner collapse. HIS yoke.**

**6. REST IN HIS BOUNTIFUL LOVE.** *The Lord preserves the simple; I was brought low, and He saved me. Return to your rest, O my soul, For the Lord has dealt bountifully with you.* (Psalm 116:6-7)

[] **5 depths. Prodigals. Earned Love? Pancake boy. No courtroom!**

**7. REST WITH HIS SON IN YOUR SPIRIT.** *I had no rest for my spirit, not finding Titus my brother;.. But thanks be to God, who always leads us in triumph in Christ, . .* (2 Corinthians 2:13-14)

[] **Mr. Fix-it. Managing sin. Haystack? Scowling dad. Harsh Romans.**

**8. REST IN HIM AS YOUR REFUGE.** *On God my salvation and my glory rest; The rock of my strength, my refuge is in God. Trust in Him at all times, O people. Pour out your heart before Him...* (Psalm 62:7-8)

[] **Garden of Gods (Rock; Fortress) Psa. 23:1-3; Psa. 27:4-5  
Refuge (Green pastures; Still waters). Weep/Release/CURE.**

**9. REST IN HIS WARM FAITHFUL PEOPLE.** *So that I may come to you in joy by the will of God and find refreshing rest in your company. May the God of peace be with you all.* (Romans 15:32-33)

[] **God's People (CURE. Kid's play). Got your back. (Poop story)  
Family (Gateway family; Family updates; Austin; Feuds)**

**10. REST WITH A SPIRIT OF PATIENCE.** *Rest in the Lord and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes.* (Psalm 37:7)

[] **4 P's/Upper Room. Scot preacher. Boy's beans.**

[] **No HS tennis. Lost tennis job. Stolen land.**