



Tony Mest—Dream Team Pastor
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COME TO ME

Your body is not the only thing that needs rest. Your soul needs rest!

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ 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. Matthew 11:28-29 NLT

Who does Jesus invite to come? Come to me...ALL!

Weary (Greek word-kópos): Exhaustion from intense labor or trouble, weary from a physical or emotional beating.

²⁹ Take my yoke upon you. Let me teach you... Matthew 11:29a NLT

Jesus was always busy, but he was never rushed.

²⁹ 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. Matthew 11:29 NLT

"REST"

- Inner rest or peace while doing what needs to be done, peaceful productivity. It's not rest from work, it's rest in work.

Your value does not come from what you do. Your value is solely based on who you are in Christ Jesus.

What is Rest?

- Rest is whatever refocuses you on the grace, the goodness, and the glory of God.