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December 31, 2023

HOW TO LIVE RESTED IN AN EXHAUSTING WORLD

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. ³⁰ For my yoke is easy to bear, and the burden I give you is light.” **Matthew 11:28-30 NLT**

¹ In the beginning God created the heavens and the earth. ² The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters. ³ Then God said, “Let there be light,” and there was light. ⁴ And God saw that the light was good. Then he separated the light from the darkness. ⁵ God called the light “day” and the darkness “night.” And everything passed and morning came, marking the first day. **Genesis 1:1-5 NLT**

²⁷ So God created human beings in his own image. In the image of God he created them; male and female he created them. ³¹ Then God looked over all he had made, and he saw that it was very good! And evening passed and morning came, marking the sixth day. **Genesis 1:27, 31 NLT**

1. To rest is to trust that what God has done is enough.

¹⁶ As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. ¹⁷ And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.” **Matthew 3:16-17 NIV**

2. God’s to DONE list is more important than your to DO list.

What is rest: Rest is whatever focuses us on the goodness of God.

- Daily Rhythms
- Weekly Rhythms
- Seasonal Rhythms