



Message Reflections

October 2, 2022

“A world without a Sabbath would be like a man without a smile, like a summer without flowers, and like a homestead without a garden. It is the most joyous day of the week.”-- Henry Ward Beecher

How do you feel right now? Are you rested and refreshed? Maybe you feel peaceful and calm. Or would you say you are tired? Worn out? Exhausted? In a world where we are constantly bombarded with things to do, deadlines, stresses, and the desire to “keep up,” we are desperately in need of rest.

Read the following passage as a personal invitation. Listen to it with your ears, mind, and heart. Reflect on it for a few minutes.

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace.” Matthew 11:28-30 (Message)

- How have you experienced the rest that Jesus gives us? What is it like?
- What if you made resting a priority? Where do you find rest? What benefits might you experience if you lived out of rest and fullness? What might be the consequences to you if you do not create a healthy rhythm of rest?

Come To Jesus

I come to Jesus because I am so _____.

I find _____ in Him, and

He has made me _____.

You’ll never regret where Jesus leads—or how.