

Time for a Break
Week Two: The Realm of Rest

Sunday, February 4, 2024

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Matthew 11:28–30 (NIV)

1. Place of rest _____.

"Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it."

Hebrews 4:1 (NIV)

2. _____ing the place of rest.

"So, as the Holy Spirit says: "Today, if you hear his voice, ⁸ do not harden your hearts as you did in the rebellion, during the time of testing in the desert, ⁹ where your fathers tested and tried me and for forty years saw what I did. ¹⁰ That is why I was angry with that generation, and I said, 'Their hearts are always going astray, and they have not known my ways.' ¹¹ So I declared on oath in my anger, 'They shall never enter my rest.'"

Hebrews 3:7–11 (NIV)

2. _____ing the place of rest.

"For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. ³ Now we who have believed enter that rest..."

Hebrews 4:2–3a (NIV)

3. _____ing in the place of rest.

"Be careful then, dear brothers and sisters. Make sure that your own hearts are not evil and unbelieving, turning you away from the living God. ¹³ You must warn each other every day, while it is still "today," so that none of you will be deceived by sin and hardened against God. ¹⁴ For if we are faithful to the end, trusting God just as firmly as when we first believed, we will share in all that belongs to Christ."

Hebrews 3:12–14 (NLT)

C _____

in

C _____.

4. Enlarging _____ in the place of rest.

"Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. ¹⁶ Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Hebrews 4:14–16 (NIV)

My Rest

*** Rest from:** _____

*** Rest in:** _____

*** Rest for:** _____

