

Time for a Break

Week 5: Don't Waste Your Rest

Sunday, March 3, 2024

1. What we rest from are potential _____ blocks.

"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing."

James 1:2-4 (NLT)

"Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us."

Romans 5:3-5 (NIV)

*** Rest must be _____ at the proper time!**

"...Make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, brotherly kindness; and to brotherly kindness, love."

2 Peter 1:5-7 (NIV)

2. _____ the rest.

A. Not _____.

B. _____ Jesus.

"Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God."

Romans 5:1-2 (NIV)

"But I trust in you, O LORD; I say, "You are my God."¹⁵ My times are in your hands."

Psalm 31:14-15a (NIV)

"You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed."

Psalm 139:16 (NLT)

"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."

Romans 8:28 (NLT)

3. _____ the rest.

"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)

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Galatians 6:9 (NIV)

My Need: _____
