

## **Resolute – Rest**

Are you RESOLUTE—determined & persistent, steadfast & firm—about the most important things in life? Periodically throughout 2019 we have been looking at the resolute characteristics of a follower of Jesus. Over the next two weeks, we will discover together what it means to “Rest Hard” and “Work Hard” in the Lord as we aim to be RESOLUTE in *Pursuing Life in Christ*.

### **Why Do We Rest?**

God Rested - *Genesis 2:1-3*

His People Rested: The Sabbath

A Reminder - *Deuteronomy 5:12-15*

A Sign - *Exodus 31:12-17*

### **How Do We Rest?**

Solemn Rest - *Leviticus 23:3*

Spiritual Rest – *Hebrews 4:1, 9-10*

Physical Rest - *1 Kings 19:1-8; Mark 6:30-32*

*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.*

*- Matthew 11:28-29*