



## TODAY'S SCRIPTURE

HEBREWS 4:9-10  
 GENESIS 2:3  
 GENESIS 1:3  
 PHILIPPIANS 1:6  
 ACTS 17:24-25  
 GENESIS 2:2  
 JOHN 5:17  
 JOHN 17:11  
 EXODUS 20:8-10  
 LUKE 4:18-19  
 MARK 2:27  
 PROVERBS 6:6  
 MATTHEW 25  
 1 THESSALONIANS 2; 4  
 EXODUS 20:8-11  
 DEUTERONOMY 5:12-15  
 PSALM 127:2  
 PROVERBS 26:14  
 PSALM 127:2  
 MARK 2:28  
 HEBREWS 4:11  
 MATTHEW 11:28

## MY NOTES

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*Next week we resume our study:  
 Sermon on the Mount.  
 Find out more at [ourelement.org/sotm](http://ourelement.org/sotm)*

## FAMILY & GROUP DISCUSSION

### INTRODUCTION

According to a 2004 study, Americans are getting 2 1/2 hours fewer sleep than people did one hundred years ago. The Centers for Disease Control are now tracking this information (not properly resting can bring on Diabetes and Obesity). Forty million Americans get fewer than six hours of sleep per night. In the modern church, we think it is more godly to forget sleep and find more work, but God made us as He did to need to rest. God made us to be finite and fragile.

The point of the resurrection is salvation in Jesus alone, but part of surrendering our lives to Him means that we *rest* in Him. Jesus did not get out of the grave so we could kill ourselves, trying to run, and ultimately ruin, our lives. He rose so you and I could truly experience His rest physically and spiritually. He made us, we must trust Him to know what is best for all of our lives. Surrendering to Jesus means we also surrender our need to control our lives and learn to rest.

### DISCUSSION

What does "rest" mean in your life?  
 Do you find time to rest? How?

### APPLICATION - Read Hebrews 4:9-10

How is resting in Jesus' work for you different than simple rest from physical labor?

How is it the same?

Have you ever rested from having to be the one to do and figure everything out? Or do you rest in His provision, knowing that He is Lord?



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 christian church

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