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|  | sermon notes |
| “God’s Promise of Rest”<br>October 4, 2020<br>Pastor Tony Arnold<br>CHRISTCHURCHVA.ORG/SERMONS |              |

*“You have made us for yourself, and our hearts are restless, until they can find rest in you.”*  
—St. Augustine of Hippo

### WHY DO WE HAVE SUCH A HARD TIME WITH REST?

**1. WE LOOK \_\_\_\_\_ FOR IT**

*Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.*

Isaiah 55:2 (NIV)

**2. WE ARE CAUGHT UP IN \_\_\_\_\_**

*The Egyptians made the people of Israel work very hard. They made their lives bitter with hard work building with stones and with all kinds of work in the field. They made them work very hard.*

Exodus 1:13-14 (NIV)

**3. WE FEAR \_\_\_\_\_ IF WE REST**

*“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”*

Matthew 6:31-33 (NLT)

**4. WE LET OTHERS \_\_\_\_\_ FOR US**

*Jesus was walking through some grainfields on the Sabbath. His disciples were hungry, so they began breaking off some heads of grain and eating them. But some Pharisees saw them do it and protested, “Look, your disciples are breaking the law by harvesting grain on the Sabbath.”*

Matthew 12:1-2 (NLT)

### HOW CAN I EXPERIENCE THE REST OF GOD PROMISES?

**1. CHOOSE \_\_\_\_\_ OVER \_\_\_\_\_**

*Why should you keep the Sabbath? It is because you were slaves in Egypt, and the Lord your God brought you out with a great display of miracles.*

Deuteronomy 5:15 (TLB)

*Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens.*

Matthew 11:28 (TLB)

**2. RESIST THE TEMPTATION TO \_\_\_\_\_**

*Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.*

Luke 10:40-42 (ESV)

**3. MONITOR YOUR \_\_\_\_\_**

*I said to myself, “Come now, I will test you with pleasure to find out what is good.” But that also proved to be meaningless.*

Ecclesiastes 2:1 (NIV)

**4. FIND \_\_\_\_\_ IN THE SIMPLE JOYS OF LIFE**

*I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.*

Philippians 4:12-13 (NIV)

## Answer key

1. WE LOOK IN THE WRONG PLACES FOR IT
  2. WE ARE CAUGHT UP IN A SYSTEM OF ANXIETY
  3. WE FEAR NOT HAVING ENOUGH IF WE REST
  4. WE LET OTHERS DEFINE REST FOR US
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1. CHOOSE REST OVER RESTLESSNESS
  2. RESIST THE TEMPTATION TO MULTITASK
  3. MONITOR YOUR QUALITY OF REST
  4. FIND CONTENTMENT IN THE SIMPLE JOYS OF LIFE