



“R & R”

Home Front Series

Pastor Jason

5.16.21

“In a culture where busyness is a fetish and stillness is laziness, rest is considered sloth. But without rest we miss the rest of God, the rest he invites us to enter more fully so that we might know him more deeply. 'Be still and know that I am God.' Some knowing is never pursued, only received. And for that, you need to be still.” --**Mark Buchanan, author, *The Rest of God***

God's Big Idea: *God gives REST to those who will RECEIVE it.*

"Sabbath" means DAY of REST.

"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy, and my burden is light." --**Matthew 11:28-30**

Are you coming to JESUS as a FAMILY?

Continue the Conversation:

1. What would a weekly day of rest with Jesus do for your family?
2. What will be the hardest thing for you and your family to lay aside for a whole day to do this?