



## ENTERING HIS REST



### Matthew 11:28-30 (NKJV)

"Come to Me, all your who labour 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. For My yoke is easy and My burden is light."

## COME TO HIM



### Matthew 11:28 (NKJV)

"Come to Me, all your who labour and are heavy laden, and I will give you rest."

## SABBATH REST



### Genesis 2:2 (NKJV)

"And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done."

## SABBATH REST



### Hebrews 4:9-11 (NKJV)

"There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His. Let us therefore be diligent to enter that rest..."

## LEARN FROM HIM



### Matthew 11:29 (NKJV)

"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."

## OLD PATH



### Jeremiah 6:16 (NKJV)

"Thus says the Lord, stand in the ways and see, and **ask** for the **old paths** where the **good way** is and **walk in it**. Then you will find **rest** for your **souls**."

## CAST YOUR BURDENS



### Matthew 11:30 (NKJV)

"For My yoke is easy and My burden is light."

## CAST YOUR BURDENS



### Psalms 55:6 (NKJV)

"So I said, oh, that I had wings like a dove! I would **fly away** and **be at rest**".

### Psalms 55:22 (NKJV)

"**Cast your burden on the Lord**, and He shall sustain you. He shall never permit the righteous to be shaken."

## CASTING YOUR BURDENS



### 1. Speak to Him

#### 1 Peter 5:7 (AMP)

"Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully."

## CASTING YOUR BURDENS



### 2. Worship

Psalms 138:8 (NKJV) "The Lord will **perfect** that which **concerns me**..."

Psalms 57:2 (NKJV) "I will cry out to God Most High, to God who **performs all things** for me."

## CASTING YOUR BURDENS



### 3. Speak to your soul

Psalms 116:7 (NKJV) "Return to your rest, o my soul, for the Lord has dealt bountifully with you."

### 4. Communion

Proclaiming the death and resurrection of Jesus until He comes.

## CASTING YOUR BURDENS



### 5. Forgiveness

### 6. Waiting upon the Lord

Isaiah 40:30-31 (NKJV) "...those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

## IMPORTANCE OF RESTING



### Isaiah 50:4 (NKJV)

The Lord God has given me the tongue of the learned, that I should know how to spea a word in season to him who is weary. He awakens me morning by morning. He awakens my ear to hear as the learned."

