

adult·ing(v)

welcome to adulthood

Order of Service | October 26-27, 2019

Worship Team	Only King Forever
Greeting/Welcome	
Worship Team	You Deserve It All Raise A Hallelujah
Message	Connections Pastor Kristen Horton Adulting: Week 4
Offering/Announcements/Dismissal	

Rest Yourself Before You Wreck Yourself

*So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so He rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when He rested from all his work of creation. **Genesis 2:1-3 (NLT)***

*The Lord then gave these instructions to Moses: "Tell the people of Israel: 'Be careful to keep my Sabbath day, for the Sabbath is a sign of the covenant between me and you from generation to generation. It is given so you may know that I am the Lord, who makes you holy. You must keep the Sabbath day, for it is a holy day for you.'" **Exodus 31:12-14 (NLT)***

Biblical rest is acknowledging to ourselves and agreeing with God that He is in control and we are not.

*Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. Then the Lord will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the Lord, have spoken! **Isaiah 58:13-14 (NLT)***

Rest is a mindset, not a posture.

How do we rest?

1. We must turn to and trust the Lord to give us rest.

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." **Matthew 11:28-30 (NLT)**

2. We must stop and listen to God's ways and not the world's.

- You're too busy *not* to pray.
- You're too busy *not* to read your Bible.
- You're too busy *not* to get to church.

Going deeper on your own: Write out the words of Matthew 11:28-30 on a notecard and place it somewhere you will see it daily this week. Ask the Lord to show you how to trade your heavy burdens for His easy yoke and light burden. Ask Him to show you how to rest in Him this week.