

# Margin

'We Need Rest'

Genesis 2:1-3, Exodus 23:10-12, Matthew 11:28-30

1. We **need** rest to grow our joy in God. (Gen 2:1-3)
2. We need rest to grow our faith. (Ex 23:10-12)
3. We need the rest found only in Jesus. (Matt 11:28-30)

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# MY APPLICATION

The following questions this week reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family and friends.

1. Are you good at resting? Are you good at taking a break or do you tend to stay busy? Why do you answer the way you do?
2. Read Gen 2:1-3. What do you think it was like for God to stop to enjoy His creation? What's your experience with taking a sabbath? Share about a time when you stopped to enjoy God and His creation.
3. Read Ex 23:10-12. How hard do you think it would be to take a year off from farming your land and trusting God to provide? Do you ever struggle to not do work tasks during non-work time? Why or why not? How would taking a regular sabbath grow your faith?
4. Read Matt 11:28-30. What stands out most to you from these verses? Why that verse, phrase, idea? What would it look like for you to come to Jesus in this season of life to find rest in Him? What is most wearing that you need Jesus to help you in?
5. Plan a sabbath meal for one night this next week.

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## Memory Verse

“Come to me, all who labor and are heavy laden, and I will give you rest.”

Matthew 11:28 (ESV)