



# Part 5

**He Commands Us To Rest**



# Matthew 11:28

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

# Matthew 11:29

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.



# Matthew 11:30

For my yoke is easy to bear, and the burden I give you is light.”

# **Matthew 11:28 - MSG**

**“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life.**



# **Matthew 11:29 - MSG**

**I'll show you how to take a real rest.  
Walk with me and work with me—  
watch how I do it. Learn the unforced  
rhythms of grace.**

# **Matthew 11:30 - MSG**

**I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."**





# Part 5

**He Commands Us To Rest**



# Principle #1

**There is a vast difference between  
the Spirit of God's laws and the  
letter of the law.**

# Exodus 20:8

Remember the Sabbath day  
by keeping it holy.



# Exodus 20:9

Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God.

# Exodus 20:10

On it you shall not do any work,  
neither you, nor your son or  
daughter, nor your male or female  
servant, nor your animals, nor any  
foreigner residing in your towns.



# Exodus 20:11

For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

# Principle #1

**There is a vast difference between  
the Spirit of God's laws and the  
letter of the law.**



# **Matthew 11:28 - MSG**

**“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life.**

# **Matthew 11:29 - MSG**

**I'll show you how to take a real rest.  
Walk with me and work with me—  
watch how I do it. Learn the unforced  
rhythms of grace.**



# **Matthew 11:30 - MSG**

**I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."**

# Principle #1

**There is a vast difference between  
the Spirit of God's laws and the  
letter of the law.**



# Principle #2

**The soulful rest that God offers us cannot be accomplished apart from the work of Christ.**

# Principle #3

**The soulful rest that God offers us cannot be accomplished apart from the presence and power of the Holy Spirit.**



# Principle #4

**To fail to see the beauty and necessity of “doing nothing with God” is to miss the heart of Christianity.**

# Principle #5

**Your soul will never rest until you come to discover that the world will not fall apart when you cease your activities.**



# Principle #6

**God invites you to stop, rest, delight, and contemplate with Him.**

# Part 5

**He Commands Us To Rest**



