



Re-tired (*adjective*) :

I was tired yesterday.

I am tired again today.

I am re-tired.

Part 14

**Called to Receive Rest
and Rejuvenation
for Our Souls**

Matthew 11:28 - NLT

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 - NLT

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 - NLT

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. I'll show you how to take a real rest.

Matthew 11:29 - MSG

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."

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Principle #1

God has commanded each of us and invited each of us to receive regular, weekly, recurring twenty-four hour periods of rest and rejuvenation.

He calls it Sabbath rest.

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Deuteronomy 5:1

Moses called all the people of Israel together and said, “Listen carefully, Israel. Hear the decrees and regulations I am giving you today, so you may learn them and obey them!

Deuteronomy 5:2

The Lord our God made a covenant
with us at Mount Sinai.

Deuteronomy 5:3

The Lord did not make this covenant
with our ancestors, but with all of us
who are alive today.

Deuteronomy 5:4

At the mountain the Lord spoke to you
face to face from the heart of the fire.

Deuteronomy 5:5a

I stood as an intermediary between you and the Lord, for you were afraid of the fire and did not want to approach the mountain.

Deuteronomy 5:5b

He spoke to me, and I passed his words on to you. This is what he said:

Deuteronomy 5:12

Observe the Sabbath day by keeping
it holy, as the Lord your God
has commanded you.

Deuteronomy 5:13

You have six days each week
for your ordinary work,

Deuteronomy 5:14a

but the seventh day is a Sabbath day
of rest dedicated to the Lord your
God. On that day no one in your
household may do any work.

Deuteronomy 5:14b

This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do.

Deuteronomy 5:15

Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.

Principle #1

God has commanded each of us and invited each of us to receive regular, weekly, recurring twenty-four hour periods of rest and rejuvenation.

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Principle #2

If we do not obey the Lord's command and invitation to receive His Sabbath rest; we will always be weary, tired, and burned out as we ignorantly attempt to carry heavy burdens that we cannot bear on our own.

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Principle #2

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Principle #3

The demands of this life will always require hard work, but the perfect fitting yoke Christ gives us, along with the power of the indwelling Holy Spirit, can make our lives easy to bear and our burdens light.

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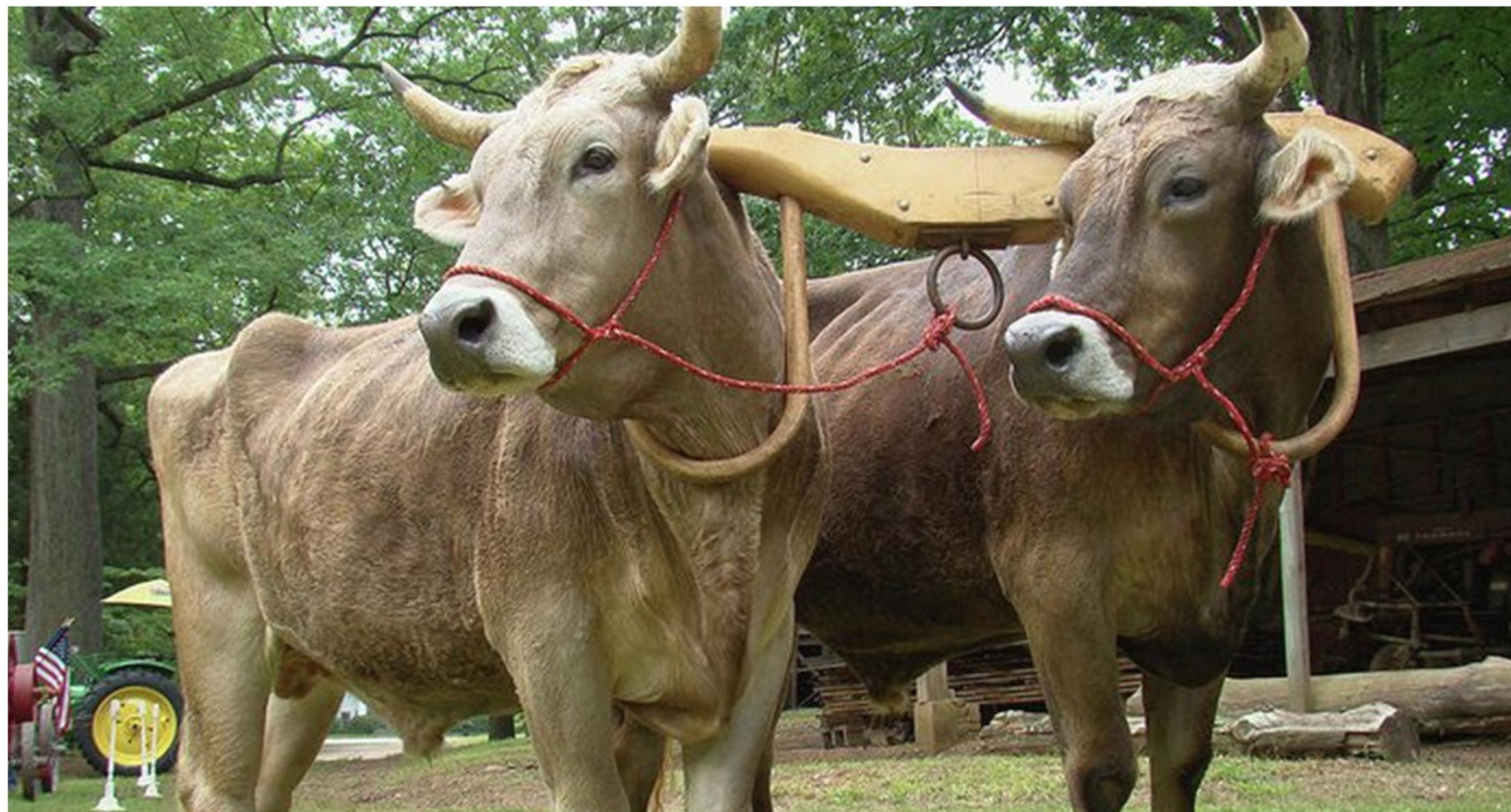
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Christ's Yoke

- It frees us from a self-serving, merit based, or performance-based relationship or religion.
- It is specifically custom made for us so that we can successfully live in step with God's plan for our lives.

Christ's Yoke

- It does not promise us light work or easy work. Plowing fields and carrying heavy loads is hard work!
- It does not promise us soft ground or level ground on which to work.

Christ's Yoke

- If we allow Christ to put His yoke on us, we will always be with Him while He works, we will be investing in work that matters to God, and He will always do 99.999% of the work!

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The demands of this life will always require hard work, but the perfect fitting yoke Christ gives us, along with the power of the indwelling Holy Spirit, can make our lives easy to bear and our burdens light.

Principle #4

Our souls will never receive the rest and rejuvenation they need until we come to embrace the fact that the world will not fall apart when we cease our activities.

Principle #5

To fail to see the beauty and necessity of “doing nothing with God” one day a week, every week, for the rest of our lives is to miss the loving, relational heart of God.

Principle #6

The Lord has commanded and invited each and everyone of us to stop, rest, delight, and contemplate with Him.

Keeping the Sabbath holy is not about specific dos and don'ts as much as it is about loving God with all your heart, mind, soul, and strength.

Principle #6

The Lord has commanded and invited each and everyone of us to stop, rest, delight, and contemplate with Him.

Principle #7

Keeping the Sabbath holy is one of the many ways God tries to help us see, acknowledge, and embrace His big picture for us and for His world.

The big picture is that God is on the throne, that this world is His world, and that our existence is His gift to us.

The big picture is not me, my family, my country, my world, my desires, etc.

Principle #7

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