

## #(un)FILTERED: “#rest”

Hebrews 4:9-13

### I. Intro: Rest for the soul

### II. Social media is leaving us weary and spent, while God has a special \_\_\_\_\_ in \_\_\_\_\_

*So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall. (Hebrews 4:9-11 NLT)*

*“You have made us for yourself, O Lord, and our soul is \_\_\_\_\_ until it finds \_\_\_\_\_ in you.” (Augustine)*

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” (Matthew 11:28-29 NIV)*

### III. Replenishing the natural rhythm: Working \_\_\_\_\_ rest, not \_\_\_\_\_ rest

#### A. Be \_\_\_\_\_

*He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” (Psalm 46:10 NIV)*

#### B. Make a \_\_\_\_\_

*This is what the Lord says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.” (Jeremiah 6:16a NIV)*

**Redeemer...a great place to GATHER, GROW & GO  
in your relationship with Jesus Christ!**



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Following Jesus in a selfie world

**#rest**  
part 7 ∴ Hebrews 4:9-13