

I Will Give You Rest  
Summer at Gilead  
June 13, 2021

- Theme: When we LEAN ON and LEARN FROM Jesus, we can also experience rest for our EMOTIONS and refreshment for our SOULS.  
- Matthew 11:28-30
- Four principles for REST
  - ✓ R - Maintain our ROUTINE - Luke 4:16
    - Morning, meals, work, family and sleep bring health benefits and CONFIDENCE.
  - ✓ E - Manage our EMOTIONS - Luke 10:41-42
    - Perspective
    - Margin
  - ✓ S - Remember the SABBATH - Hebrews 4:10
    - Personal day - weekly sabbath
    - Annual vacation
  - ✓ T - Conquer your THOUGHTS
    - Take it captive - 2 Corinthians 10:5
    - Focus on Jesus - Isaiah 26:3