

SUMMER SERIES: GO TO THE BIBLE!

Lesson 2: Go to the Bible: REST & RELAX!

SABBATH clarification:

- *Not under law, but* _____ Rom 6.14
- You are no longer _____ to keep a sundown to sundown Sabbath, because _____ **is our** _____
- There is no other Sabbath rest _____

The 2 greatest Commandments: Matthew 22.36-40

- ³⁶“Teacher, which is the _____ in the Law?”
- ³⁷ Jesus replied: “_____ with all your heart and with all your soul and with all your mind
- Love your _____
- *How can you help your neighbor if you are* _____

Taking Care of Yourself _____ **Scriptures for rest:**

28 “Come to me, all you who are weary and burdened, and I will give you _____

29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find _____

30 For my yoke is easy and my burden is light.” Matthew 11.28-30, NIV

“Come with me by yourselves to a quiet place and _____ Mark 6.31

The fear of the Lord leads to life, and whoever has it _____ he will not be visited by harm. Proverbs 19.23 ESV

The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will _____ by his _____ he will exult over you with loud singing.

- Zephaniah 3.17 ESV

⁷ And the _____ which surpasses all understanding, will guard _____ in Christ Jesus. Philippians 4.4-7

⁷ casting all your _____ on him, because _____ 1 Peter 5.6-7

² I will say to the Lord, _____ my God, in whom I trust.” Psalm 91.1-2

You keep him in _____ whose mind is _____ because he trusts in you. ⁴ Trust in the Lord forever, for the Lord God is an everlasting _____ Isaiah 26.3-4

Practical ways to renew: write out what might work for you!

“Dear Stress - _____”