The background is a photograph of a mountain range at sunset or sunrise. The sky is a mix of orange, yellow, and dark blue. The mountains are silhouetted against the sky. Overlaid on the image are several white lines: a thick line at the bottom left, and several thinner lines of varying lengths and orientations scattered across the upper half of the image.

RUNNING ON

EMPTY

The Value of Rest



- God created times for rest
- The Sabbath rest has purpose
 - Reflect
 - Trust
 - Focus
 - Dwell

Looking Forward to Rest



- Rest is necessary
- Rest should be earned
- Rest is a glimpse of heaven
- Rest is for those with confidence

While Waiting to Rest




- Relationships
- Worship
- Connection with Him
- Holy Spirit
- Hope in Heaven
- Successes and triumphs

Matthew 11.28-30



²⁸ “Come to me, all of you who are weary and burdened, and I will give you rest.²⁹ Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”



RUNNING ON

EMPTY