

Sermon Outline: 6.23.24

Sermon Title: **Rest for the Weary**

Sermon Text: Matthew 11:28-30

Vacation
Freedom from Activity;
Rest;
Respite;
Intermission

What the Bible says about Rest:

There's an *Eternal Rest*

(Job 3:1) (Isaiah 57:1-2) (1st Thessalonians 4:14) (Revelation 14:13)

There's an *External Rest*

(Exodus 20:8-11, 23:10-11) (Mark 6:31) (Psalm 127:2)

There's an *Internal Rest*

(Matthew 11:28-30)

How to Have Internal Rest

Jesus said...

“Come to Me”

“Take My yoke”

(Acts 15:10-11)

“Learn of Me”

(Matthew 11:29-30)

**Without Jesus,
there is no healing rest:**

Not Internally

Not Externally

Not Eternally

(Isaiah 57:20-21)

(Romans 5:1)