

MY BODY,
GOD'S TEMPLE
HOUSEKEEPING MATTERS



THE GIFT OF REST

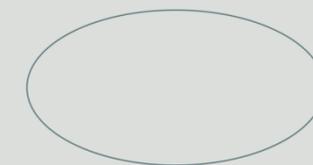


REST IS DEFINED AS
"PEACE, EASE OR
REFRESHMENT."



GENESIS 2:2

AND ON THE SEVENTH
DAY GOD FINISHED THE
WORK THAT HE HAD
DONE, AND HE RESTED.



TO REST MEANS THAT WE
NEED TO TRUST GOD WILL
TAKE CARE OF THINGS FOR US.

“RELAX” MEANS
“TO BECOME
LESS FIRM.”



MATTHEW 11:28

COME TO ME, ALL OF
YOU WHO ARE WEARY
AND BURDENED, AND I
WILL GIVE YOU REST.

MARK 2:27

THEN HE SAID TO THEM, "THE
SABBATH WAS MADE FOR MAN,
NOT MAN FOR THE SABBATH."



THREE REASONS FOR
THE GIFT OF REST:



1. HE GIVES US ANOTHER
CHANCE AT LIFE



2. WE ARE NOT
INDISPENSABLE.

3. THIS IS A TIME
TO HEAL.



DEEP REST IS WHEN WE
COMPLETELY TRUST THE
SOVEREIGNTY OF GOD
AND LEAN INTO THE HOLY
SPIRIT EVEN DURING THE
CRAZIEST SITUATIONS.

1 KINGS 19:4–8

BUT HE HIMSELF WENT A DAY'S JOURNEY INTO THE WILDERNESS AND CAME AND SAT DOWN UNDER A BROOM TREE. AND HE ASKED THAT HE MIGHT DIE, SAYING, 'IT IS ENOUGH; NOW, O LORD, TAKE AWAY MY LIFE, FOR I AM NO BETTER THAN MY FATHERS.' AND HE LAY DOWN AND SLEPT UNDER A BROOM TREE. AND BEHOLD, AN ANGEL TOUCHED HIM AND SAID TO HIM, 'ARISE AND EAT.'" AND HE LOOKED, AND BEHOLD, THERE WAS AT HIS HEAD A CAKE BAKED ON HOT STONES AND A JAR OF WATER. AND HE ATE AND DRANK AND LAY DOWN AGAIN. AND THE ANGEL OF THE LORD CAME AGAIN A SECOND TIME AND TOUCHED HIM AND SAID, 'ARISE AND EAT, FOR THE JOURNEY IS TOO GREAT FOR YOU.'" AND HE AROSE AND ATE AND DRANK AND WENT IN THE STRENGTH OF THAT FOOD FORTY DAYS AND FORTY NIGHTS TO HOREB, THE MOUNT OF GOD.

FIVE WAYS TO CONSIDER THE
CONCEPT OF REST:

1. REST CAN BE PHYSICAL.

THREE BENEFITS OF PHYSICAL REST:

1. RECOVERY
2. REFLECTION
3. RE-ENERGIZE

2. REST CAN BE
EMOTIONAL.

3. REST CAN BE
MENTAL.

4. REST CAN
BE SPECIFIC.



5. REST CAN
BE SPIRITUAL.