

## Summer At One Hope Part 4: Halt & Rest

*(Matthew 11:28-30 NLT) "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."*

**Weary - emotionally tired.**

**Burdened - physically carrying too much.**

**Hungry      Angry      Lonely      Tired**

*(Proverbs 16:26 NIV) "The appetite of laborers works for them; their **hunger drives them** on."*

*(Proverbs 29:11 NIV84) "A fool gives full vent to his **anger**, but a wise man keeps himself under control."*

*(Psalm 25:16 NIV) "Turn to me and be gracious to me, **for I am lonely and afflicted.**"*

*(Isaiah 38:14 NLT) "Delirious, I chattered like a swallow or a crane, and then I moaned like a mourning dove. **My eyes grew tired** of looking to heaven for help."*

## Halt & Rest

*(2 Corinthians 11:27 NIV) "I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked."*

### 1. Relate to God & life-giving people.

*(Matthew 11:28-30 NLT) "Then Jesus said, "Come to me."*

*(James 5:16 NIV) "Therefore confess your sins to **each other** and pray for **each other** so that you may be healed. The prayer of a righteous person is powerful and effective."*

### 2. Eat spiritual food. Eat healthy food.

*(Matthew 11:28-30 NLT) "Then Jesus said, "Let me teach you."*

(Matthew 5:6 NIV) "Blessed are those who hunger and thirst for **righteousness**, for they will be **filled**."

(Psalm 119:28 NIV84) "My soul is weary with sorrow; strengthen me **according to your word**."

### 3. Sleep, sabbath, & selah.

(Matthew 11:28-30 NLT) "Then Jesus said, "I will give you rest."

(Psalm 127:2 NIV) "In vain you rise early and stay up late, toiling for food to eat– for **he grants sleep** to those he loves."

(Exodus 34:21 NIV) "Six days you shall labor, but on the **seventh day you shall rest**; even during the plowing season and harvest you must rest."

(Psalm 9:20 NIV84) "Strike them with terror, O Lord; let them know they are but men." **Selah**

### 4. Train your body and mind.

(Matthew 11:28-30 NLT) "Then Jesus said, "Take my yoke upon you."

(1 Timothy 4:8 NLT) "Physical **training** is good, but **training** for godliness is much better, promising benefits in this life and in the life to come."

(1 Corinthians 2:4-5 NIV) "My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on human wisdom, **but on God's power**."

(Isaiah 32:18 NIV) "**My people** will live in peaceful dwelling places, in secure homes, in undisturbed places of rest."