

- A life of inner peace must be pursued; it does not happen by accident. It happens at the level of your inner spirit.
- "And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:7
- Without a solid root system in our lives, we don't stand a chance of having inner peace.
- Your roots need regular rejuvenation because • breaks them down.
- The Bible teaches that this happens through regular rest and relaxation.

Why is a time of rest so important?

- 1. Because the need was _____ in to us at creation. Genesis 2:3
- 2. Because our demand proper rest.
- 3. Because of the example of Jesus. Mark 6:30-31; Matthew 8:23-24
- 4. Because it will our relationships.

What are the myths that keep us from a regular time of rest?



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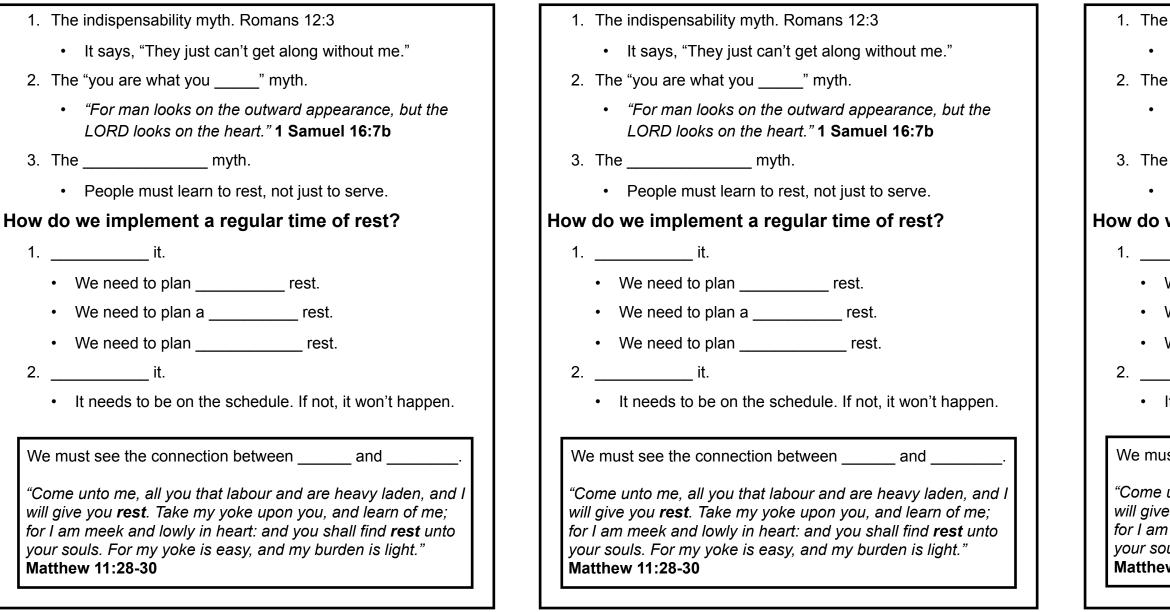
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indispensability myth. Romans 12:3
It says, "They just can't get along without me."
"you are what you" myth.
<i>"For man looks on the outward appearance, but the LORD looks on the heart."</i> 1 Samuel 16:7b
myth.
People must learn to rest, not just to serve.
we implement a regular time of rest?
it.
Ne need to plan rest.
<i>W</i> e need to plan a rest.
Ne need to plan rest.
it.
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st see the connection between and
unto me, all you that labour and are heavy laden, and I e you rest . Take my yoke upon you, and learn of me; meek and lowly in heart: and you shall find rest unto uls. For my yoke is easy, and my burden is light." w 11:28-30
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