



Key Scripture:

Mark 13:28 NLT

"Now learn a lesson from the fig tree.

When its branches bud and its leaves begin to sprout, you know that summer is near.

Looking to the north for rest?

Job 37:22 NIV

Out of the north He comes in golden splendor; God comes in awesome majesty.

Real rest comes from Jesus!

Matthew 11:28-30 Message

28 "Are you tired? Worn out? Burned out on religion? Come to Me.

Get away with Me and you'll recover your life. I'll show you how to take a real rest.

29 Walk with Me and work with Me — watch how I do it.

Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you.

30 Keep company with Me and you'll learn to live freely and lightly."

Why do we need rest?

✓ We get tired out physically. "Are you tired?"

John 4:6 NRSV

Jacob's well was there, and Jesus, tired out by His journey, was sitting by the well...

✓ We get worn out emotionally. "Are you worn out?"

Jeremiah 45:3 NLT

You have said, 'I am overwhelmed with trouble! Haven't I had enough pain already?

And now the Lord has added more! I am worn out from sighing and can find no rest.'

✓ We get burned out spiritually. "Are you burned out on religion?"

Exodus 18:18 Message

You'll burn out, and the people right along with you.

This is way too much for you — you can't do this alone.

Notes: _____

Summer Essentials

Up North

Real rest comes from Jesus...

Matthew 11:28a Message

"Are you tired? Worn out? Burned out on religion? Come to Me.

1. Get away with Jesus.

Matthew 11:28b Message

Get away with Me and you'll recover your life. I'll show you how to take a real rest.

2. Learn the rhythms of Jesus.

Matthew 11:29 Message

Walk with Me and work with Me — watch how I do it.

Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you.

✓ Walk with Jesus.

✓ Work with Jesus.

✓ Watch Jesus.

3. Keep company with Jesus.

Matthew 11:30 Message

Keep company with Me and you'll learn to live freely and lightly."

Notes: _____

