



# MESSAGE NOTES

## Season of Rest

Matthew 11:28-29

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### 1. The importance of rest

***Psalm 103:13-14 As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.***

God created us to need rest. As humans we can't survive without rest. Angels, demons and spiritual beings don't need to rest but God knows that we are human. So He tells us to rest. Because God loves us and knows what's best for us, He commands us to rest.

### 2. Spiritual rest

***Matthew 11:28-29 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."***

Jesus gives us rest for our souls. By giving all our cares and worries to Him we find spiritual rest. Jesus had the most important mission to complete in the history of the world and He did that taking plenty of rest along the way.

### 3. Good works and godly works

***Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.***

There's a difference between just doing good things in life and in doing the things which God has prepared for you to do. You can fill your day up with doing so many good things that you don't have time for the most important things.

***1 Thessalonians 5:16-18 Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.***