

## Rest & Refreshment

### Series: Whatever It Takes

*“The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures, and He leads me beside quiet waters.”* Psalm 23:1-2 (NIV)

**These Images Represent:** \_\_\_\_\_

### Why Do People Overwork & Not Get Enough Rest?

1. \_\_\_\_\_

*“Be wise enough to not wear yourself out trying to get rich. Your money can be gone in a flash as if it had grown wings and flown away like an eagle!”* Proverbs 23:4-5 (TEV)

*Jesus says, “Watch out and guard yourselves from every kind of greed; because your true life is not made up of the things you own...”* Luke 12:15 (TEV)

2. \_\_\_\_\_

*“I’ve learned why people work so hard to succeed: it is because they envy the things their neighbors have.”* Ecclesiastes 4:4a (TEV)

3. \_\_\_\_\_

*“Once again I saw something on earth that makes no sense. For example, some people don’t have friends or family. But they are never satisfied with what they own, and they never stop working to get more. They should ask themselves, ‘Why am I always working to have more?’ ‘Who will get what I leave behind?’ What a senseless and miserable way to live!”* Ecclesiastes 4:7-9 (CEV)

4. \_\_\_\_\_

*“We work to feed our appetites, but meanwhile our souls go hungry.”* Ecclesiastes 6:7 (Mes)

*“It is senseless for you to work so hard from early morning until late at night, fearing and worrying that you won’t have enough, for God wants his loved ones to get their proper rest.”* Psalm 127:2 (LB)

### How Do I Relax?

1. \_\_\_\_\_

*“God decided to give us life through the word of truth so that we might be the most important of all the things He made.”* James 1:18 (NCV)

2. \_\_\_\_\_

*Jesus says, “What I’m trying to do here is get you to relax, to not be so preoccupied with getting, so you can respond to God’s giving.”* Matthew 6:31 (Mes)

3. \_\_\_\_\_

*Jesus says, “What good is it for a man to gain the whole world, yet forfeit his soul?”* Mark 8:36 (NIV)

4. \_\_\_\_\_

*Jesus says, “Are you tired? Worn out? Burned out? Come to me! Get away with me and you’ll recover your life. I’ll show you how to take a real rest. 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. Keep company with me and you’ll learn to live freely and lightly.”* Matthew 11:28-30 (Mes)