



Rest for the Weary:

Finding Rest in Christ Alone





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"COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST."

MATTHEW 28:11

LIFE CAN BE HARD AND HECTIC SOMETIMES. WE MAY FIND OURSELVES EXHAUSTED, NOT JUST PHYSICALLY BUT ALSO SPIRITUALLY. IN THIS STUDY, WE WILL LEARN HOW TO LOOK TO CHRIST ALONE FOR THE REST THAT OUR SOULS CRAVE.



Bible Study Outline

LESSON ONE: OUR NEED FOR REST

LESSON TWO: YOU CAN'T REST IF YOU'RE HUNGRY.

*WHEN YOU'RE FEEDING YOURSELF ON ALL THE WRONG THINGS, SPEND TIME FEEDING ON CHRIST THROUGH SCRIPTURE READING.

LESSON THREE: YOU CAN'T REST IF YOU'RE DISTRACTED.

*WHEN YOU'RE FOCUSED ON THE WORLD, DROWN OUT THE WORLD WITH THE TRUTH OF SCRIPTURE THROUGH MEDITATION.

LESSON FOUR: YOU CAN'T REST IF YOU'RE WORRIED.

*WHEN YOU'RE FOCUSED ON "WHAT-IFS" OF THE FUTURE, GIVE YOUR WORRIES/CARES TO GOD THROUGH PRAYER.

LESSON FIVE: YOU CAN'T REST IF YOU'RE ANXIOUS OR DEPRESSED.

*WHEN YOU'RE FOCUSED ON SELF, FOCUS ON CHRIST AND YOUR BLESSINGS THROUGH WORSHIP.

LESSON SIX: YOU CAN'T REST IF YOU'RE GUILTY OR REGRETFUL.

*WHEN YOU'RE FOCUSED ON SINS OR PAST MISTAKES, MAKE THINGS RIGHT WITH GOD AND MAN THROUGH CONFESSION AND REPENTANCE.