

Soul Training: Rest

January 31, 2021

Genesis 2:2 "On the seventh day God had finished his work of creation, so he **rested** from all his work."

vs.3 "And God blessed the seventh day and declared it holy, because it was the day he **rested** from all his work of creation."

Exodus 20:8-11 "...but the seventh day is a Sabbath day of rest dedicated to the Lord your God..."

Mark 2:23-28 "The sabbath was made to meet the needs of people, and not people to meet the requirements of the sabbath."

Since the beginning of time, our Father God has tried to teach us rest. So where do we find rest in a the world we live in today?

Hebrews 3:7- 4:16 - "God's special rest for His people"

Matthew 11:28 "Then Jesus said, *Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.*"

vs.29 "Take my yoke upon you. *Let me* teach you, because I am humble and gentle at heart, and you will **find rest** for your souls."

Jesus wants to teach us to find rest. The question is will we LET Him?

"most of the things we need to be most fully alive never come in busyness. They grow in rest." -Mark Buchanan

How can I begin practicing a rhythm of rest in my life?

WE COME SERVE STAND GROW GIVE GO **TOGETHER**

GIVING STATEMENTS Available for pick up at info desk today! If you did not have an email address or have not printed your statement yet, a paper copy is available for you at the information desk.

READ WITH US Never too late to start! We are reading through the New Testament. Join us in the Bible App or pick up a schedule.

MEMORIZE TOGETHER 52 Verses over 52 Weeks Each week in 2021 we will be challenging each other to memorize a specific passage to fill our hearts and minds with truth for growth and transformation!

Acts 13:38-39 NLT

"Brothers, listen! We are here to proclaim that through this man Jesus there is forgiveness for your sins. Everyone who believes in him is made right in God's sight—something the law of Moses could never do."

this week...

CROSS CURRENT Tonight at 6pm Online! Our youth will gather on Facebook Live tonight for a game and a message from Josh.

FAST & PRAY WITH US Wednesday at 7pm on Facebook Live We invite you to fast on Wednesday and join us online at 7pm.

YOUNG ADULTS Saturday Night! The event that was scheduled for last night has been postponed a week. Questions? see one of the Josh's

NEXT STEPS Next Sunday after the Service If you want to learn more about our church and how to get connected plan on attending this luncheon style meeting. Childcare and food provided.

coming up... visit www.ntcmassena.com/connect

HOUSE CHURCHES New Semester starting February 21st Stay tuned for more information about House Churches and how to connect.

FINANCIAL PEACE UNIVERSITY Starts March 2nd Find financial freedom through this proven 9-week course from Dave Ramsey.

BREAK FREE Wednesday Nights starting in March We will be offering a series of 2 session intensives on Wednesday nights to break out of the norms of Anxiety & Depression, Parenting, Marriage, and Fear & Loss.



office hours: 10am-3pm Tuesday to Friday
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