

Sermon Notes

MOMENTS OF REST

Travis Eades | Moment by Moment | May 16-17, 2020

The hurried life comes with a high price.

1. The _____ of rest.

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

(Genesis 2:1-3 NIV)

2. The _____ to rest.

“Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. Now we who have believed enter that rest.

(Hebrews 4:1-3 NIV)

3. The _____ of rest.

CHALLENGE: What has God revealed to you through this teaching? How will you practice rest this week?

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