



Rest

God Rested

Genesis 2:1,2

Exodus 19:16-19

Exodus 20:8-11

Numbers 15:32-36

Isaiah 40:28



Rest

Too busy to rest?

Mark 6:31

Rest

Kinds of Rest

- **Physical**
- **Mental**
- **Sensory**
- **Creative**
- **Emotional**
- **Social**
- **Spiritual**



Rest

The Good Way

Jeremiah 6:16
Matthew 11:28



Rest

God's Sabbath Rest

Hebrews 4:9-10

Revelation 14:13

Revelation 21:10-27