



## 1. REST IS A PERSON!

In Genesis, God finished the work of creation, we were invited into His rest (Gen.1:26-31)

In Gospel, Jesus finished the work of salvation, we are invited into His rest (John 19:30)

Grace is entering the rest that Jesus earned. Grace is starting where Jesus finished.

## 2. REST IS A PRINCIPLE!

Come to Me = I will give you rest Mt.11:28 // Person

Learn from Me = you will find rest Mt.11:29-30 // Principle

### Moving from grind to grace:

**1. Your day begins with good night's sleep.** If you don't rest from fatigue, you will get arrested by failure. Prolonged sleep deprivation abuses God's creation, your body!

*Grind = running on red.*

*Grace = running on rest.*

**2. Start your morning with God, not with work.** If we don't spend time with God then we act like a god. Wait on God before working Is.40:31. Blessing of the Lord vs busyness of life. Prov.10:22

*Grind = progress without peace.*

*Grace = peace in the pace.*

**3. Live unhurried life.** Hurry kills happy. Jesus lived unhurried life, didn't ran but walked. He didn't use a running animal. Walked slow enough that others touched him. Stayed long enough at the weddings to create miracles. He slept in storm. We are spirit led, not spirit driven. Be present, not busy!

*Grind = driven by hurried life.*

*Grace = led by the Holy Spirit.*

## 4. Keeping up with Kardashians will keep you out of grace.

Cost of speeding will be losing others. Don't compare yourself with someone who does not pull your load, share your past, headed into the same direction, and doesn't have your promises. If our pace is faster than grace, we lose grace. If our pace is slower than grace, we limit grace.

*Grind = comparing.*

*Grace = content.*

## 5. Take a day off.

*Grind = #nodaysoff.*

*Grace = takes a day off*

Sabbath Killers: (By Mark Driscoll)

1. A poor work ethic.
2. Religious rules.
3. Observing a sabbath day without a sabbath heart.
4. A pharaoh-phone.
5. Resting from work instead of resting for your work.
6. Stimulants instead of sabbath.

*For the grace of God that brings salvation has appeared to all men, teaching us that Titus 2:11-12*

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