

RESET

AN INVITATION TO BEGIN
2026 GOD'S WAY

Reset Your Pace "Finding Rest Again" Matthew 11:28-30

Big Idea: True rest isn't escape, it's renewal.

- I. **Peace with God** - [Salvation]
- II. **Peace of God** - [Day to Day]
 - Turn to God
 - Live by God's Instructions
- III. **Rest Requires Withdrawing** [Luke 5:16]
 - Withdrawing from earthly pursuits to connect with God.

"God made us: invented us as a man invents an engine. A car is made to run on petrol, and it would not run properly on anything else. Now God designed the human machine to run on Himself. He Himself is the fuel our spirits were designed to burn, or the food our spirits were designed to feed on. There is no other."

— C.S. Lewis, Mere Christianity

[Matthew 11:28-30] ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

[Hebrews 4:6-11] ⁶ Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷ again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted, "Today, if you hear his voice, do not harden your hearts."

⁸ For if Joshua had given them rest, God would not have spoken of another day later on. ⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God's rest has also rested from his works as God did from his.

¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

[Matthew 6:19-21] ¹⁹ Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

[Matthew 6:10] Your kingdom come, your will be done, on earth as it is in heaven.

[Ephesians 2:8-9] ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast.

Reflection Questions

- [1] How would most people you know define rest? How is that different from the rest Jesus offers?
- [2] Everything we attach (yoke) ourselves to has a 'burden' associated with it. What have you yoked yourself to that is keeping you from resting in God's provision and presence?
- [3] In asking us to 'learn from Him,' Jesus is calling us to embrace life as He directs us to live it. What areas of your life are hardest for you to submit to His direction?
- [4] Think through your day. Can you identify times when you could step away from your normal tasks to spend time with God?