

Sermon Notes for 2.17.22 and 2.20.22

***Rest for Your Soul***

**Day 1: Rest for our soul is mandated by the Lord.**

Deuteronomy 5:12-15   Exodus 31:12-17   Exodus 20:1-17

**Day 2: God's Word is TRUTH – it doesn't change.**

2 Timothy 3:14-17   Joshua 1:8   Psalm 119:11, 105

**Day 3: The Lord provides spiritual strength through rest.**

Psalm 23   Matthew 11:28   John 14:27   Exodus 33:14

**Day 4: Jesus recognized the importance of pausing and resting with the Lord.**

Mark 6:31-32   Matthew 14:13   Mark 1:35

**Day 5: Quieting ourselves with the Lord develops trust and prepares us for prayer, study, and worship.**

1 Thessalonians 5:16-18   Psalm 119:15-16   Psalm 29:2

**Day 6: Am I managing my time for HIS glory?**

Hebrews 10:25   Matthew 6:33   Psalm 37:5

**Day 7: Believe the Lord's words, honor them, and be found obedient!**

Mark 2:27-28   Deuteronomy 5:6-21   Isaiah 2   Hebrews 4:3-11   Proverbs 3:1-2