



REST FOR
THE WEARY

“Without a fast, it’s difficult to recognize a feast.”

I. Choose to fast from something you enjoy in abundance this week:

- *Entertainment, music, podcasts, music, YouTube, reading, shopping...*
- *Certain foods, snacks, naps, your boat, golf, working out, something...*

2. Next Sabbath (your day of rest), take it up again, savour it, give thanks for it. Recognize it as a gift.

How did it go? What challenges or breakthroughs did you experience?

ENOUGH IS ENOUGH



Extremely tired



WEARY...

BUT THOSE WHO DRINK THE WATER I
GIVE WILL NEVER BE THIRSTY AGAIN.
IT BECOMES A FRESH, BUBBLING
SPRING WITHIN THEM, GIVING THEM

eternal life.

JOHN 4:14



NEVER THIRSTY AGAIN

Don't you see how
wonderfully kind,
tolerant, and patient
God is with you?

DOES THIS MEAN NOTHING TO YOU?
CAN'T YOU SEE THAT HIS KINDNESS IS
INTENDED TO TURN YOU FROM YOUR SIN?

ROMANS 2:4

this is love

NOT THAT WE LOVED GOD

BUT THAT

• HE LOVED US •

WHY NOW? WHY HERE? WHY HER?



The woman left her water jar beside the well and ran back to the village, telling everyone,

“Come and see a man who told me everything I ever did! Could He possibly be the Messiah?”

So people came streaming from the village to see Him.

SHE LEFT HER JAR

BUT HE SAID TO
THEM, "I HAVE FOOD
TO EAT THAT YOU DO
NOT KNOW ABOUT."

JOHN 4:32

Jesus said to them,
My food
is to do the will
of him who sent me
& to accomplish
his work.



John 4:34

A DIFFERENT KIND OF FOOD

Come to me,
all you who are
*weary and
burdened,*
and I will give you
REST.

-Matthew 11:28



1. What or who do you normally go to when you are feeling weary?
2. This week, when you're tired and weary... instead of doing what you normally do, press into Jesus. Pray, read Scripture, commune with Him, **DO HIS WILL & WORK.**
3. After doing this, assess: I am still weary? Did Jesus bring me food, drink, and rest?

PRACTICE IT AT HOME!