

Living in the Zone - Finding Your Sweet Spot
Message #4 "Find Your Stride"
Matthew 11:27-30
March 20 & 21, 2010

Matt. 11:27-30 "All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal Him. 28 Come to me all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Four Keys to Finding Christ's Rest

1. _____
"All things have been committed to me by my Father..."

The ability to commit - release - trust is based upon His _____.

The ability to commit - release - trust is based upon His _____.

Truth- Christ has the authority _____.

2. _____
"Come to me, all you who are weary and burdened, and I will give you rest."

"If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!" Matt. 7:11-12

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Phil. 4:6-7

Truth- Many times we don't have rest simply because _____.

3. _____
"Take MY yoke upon you..."

Matt. 11:28-30 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. 29 Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. 30 Keep company with me and you'll learn to live freely and lightly." Message

Truth- Start pulling _____.

4. _____
"Take my yoke upon you and learn from me..."

Truth- Rest comes when we _____.

Psalm 37:1-11 "Do not fret because of evil men or be envious of those who do wrong; 2 for like the grass they will soon wither, like green plants they will soon die away. 3 Trust in the Lord and do good; dwell in the land and enjoy safe pasture. 4 Delight yourself in the Lord and He will give you the desires of your heart. 5 Commit your way to the Lord; trust in Him and He will do this: 6 He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. 7 Be still before the Lord and wait patiently for Him; do not fret when men succeed in their ways, when they carry out their wicked schemes. 8 Refrain from anger and turn from wrath; do not fret - it leads only to evil. 9 For evil men will be cut off, but those who hope in the Lord will inherit the land. 10 A little while, and the wicked will be no more; though you look for them, they will not be found. 11 But the meek will inherit the land and enjoy great peace."

Psalm 46:8-11 "Come and see the works of the Lord, the desolations He has brought on the earth. 9 He makes wars cease to the ends of the earth; He breaks the bow and shatters the spear, He burns the shields with fire. 10 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. 11 The Lord Almighty is with us; the God of Jacob is our fortress."

See Hebrews 3:16 - 4:11 for God's Word on rest

"I will give you rest."

What is the rest that God is giving?

The place of God's _____.

The place of God's _____.