



Rest Before Test (Genesis 21:22-34)

Sunday, August 20, 2023 AVBC

But He knows the way that I take; when He has TESTED me, I will come forth as gold. (Job 23:10)

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the TESTING of your faith develops perseverance. (James 1:2,3)

Assumption 1: Many people today are _____ out and restless.

Assumption 2: Many people today desperately need a _____.

Assumption 3: Many people today don't have a _____ about how to find the rest that they need.

1. To find rest you must _____ for your well.

*A well is an essential life-giving place where you can _____ and be restored by the Lord.

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet PLACE and get some REST." So they went away by themselves in a boat to a solitary PLACE. (Matthew 6:30-32)

- A well provides _____.
- A well provides _____.
- A well provides _____.

I am laid low in the dust; renew my life according to Your word. (Psalm 119:25)

On the last day, the climax of the festival, Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me! Anyone who believes in Me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.' " (John 7:37-38)

2. To find rest you must take extended _____ to recharge.

3. To find rest you must _____ on the Lord instead of carrying the load yourself.

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. (Matthew 11:28)

-read and meditate on Psalm 116

DIGGING DEEPER

(For use in personal/family devotions or with your care group)

- Q1: What are some signs that indicate a child is overtired and needs some rest?
Q2: What are some signs in your life that indicate you are overtired and over-stressed and need some rest?
Q3: Study Psalm 23. What do you think it means when it says, "He makes me lie down in green pastures"?
- Q4: Do you have a "well" place in your life? If so, describe.
Q5: What kinds of things "attack" your place and time with the Lord and His Word? What can you do to defend yourself and your "well"?
- Q6: Read Psalm 46. What does this passage teach us about rest? What is God saying to you personally through this psalm?