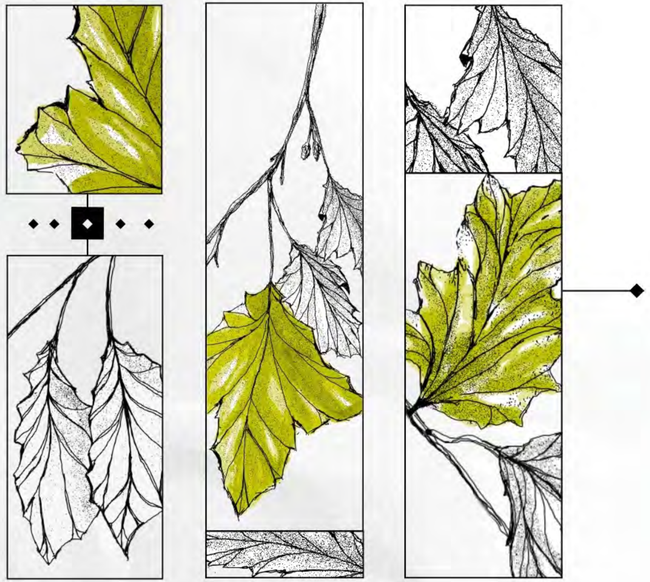
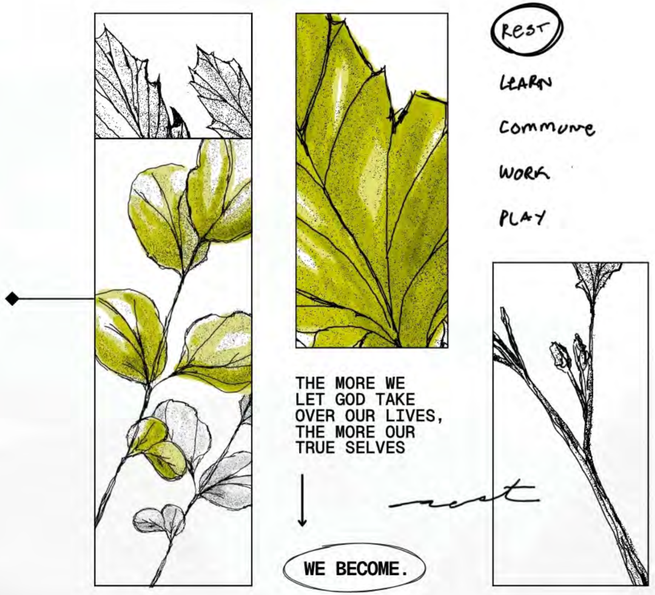


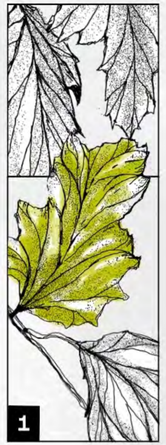
WITH JESUS.


REST
LEARN
COMMUNE
WORK
PLAY
THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES
WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



HOW DO YOU

RELATE TO GOD?

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

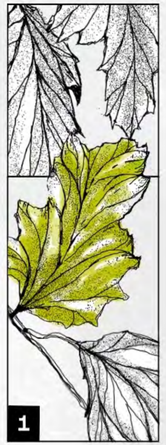
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



UNDER GOD

THE MORE WE
LET GOD TAKE
OVER OUR LIVES,
THE MORE OUR
TRUE SELVES

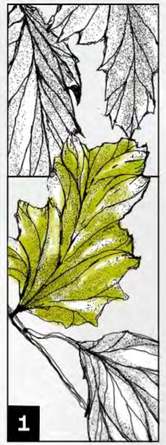
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



1

UNDER GOD

- **BELIEF**

  If I obey God, He will bless me and be pleased with me.

- **KEY WORD**

  Performance

- **QUESTION**

  Am I good enough?

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

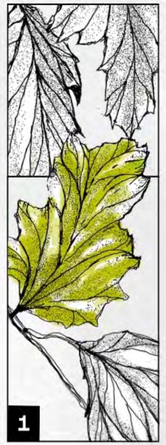
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



1

FOR GOD

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

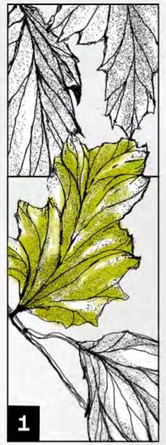
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



1

FOR GOD

◆ **BELIEF**

The more I do for God,
the more He's pleased with me.

◆ **KEY WORD**

Duty

◆ **QUESTION**

Am I doing enough?

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

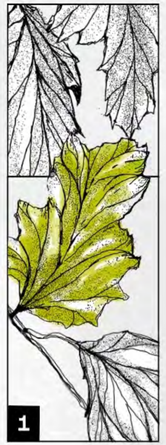
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



But the **fruit of the spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

GALATIANS 5:22-23 ESV

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

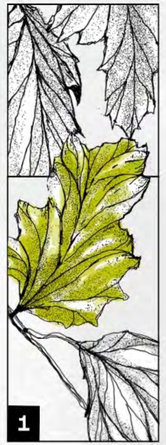
↓

WE BECOME.

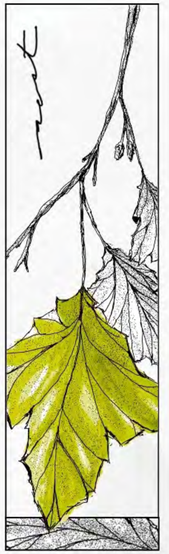
WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



“THIS IS THE KINGDOM.”



THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

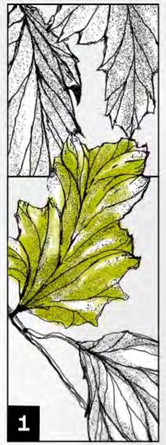
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

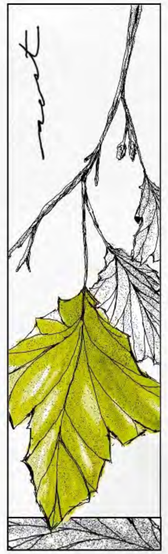
REST
WEEK ONE
MATTHEW 11:28-30



1

MATTHEW 11:28-30 MSG

“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. 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. Keep company with me and you’ll learn to live freely and lightly.”



THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

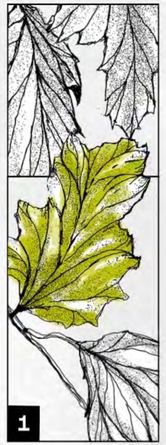
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



WITH JESUS

THE MORE WE
LET GOD TAKE
OVER OUR LIVES,
THE MORE OUR
TRUE SELVES

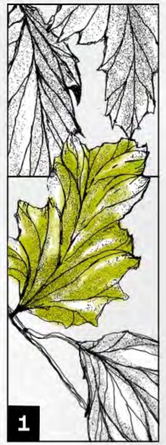
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



MATTHEW 11:28-30 MSG

"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. 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. Keep company with me and you'll learn to live freely and lightly."

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

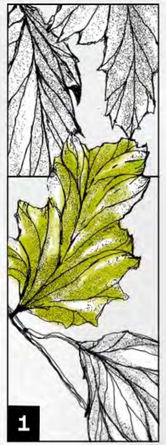
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



MATTHEW 11:28-30 ESV

“Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.”

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

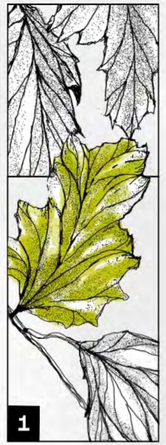
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



1

“MY YOKE IS DELIGHTFUL”

-JESUS

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

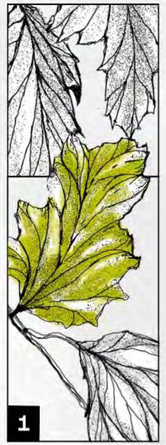
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



WITH JESUS

- **BELIEF**

  Jesus is already pleased with me and wants to spend everyday with me.

- **KEY WORD**

  Rest

- **QUESTION**

  Jesus, what are we doing together today?

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

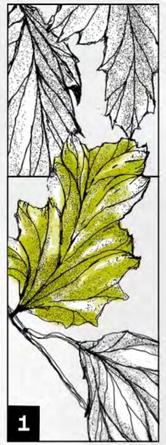
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



I AM AN APPRENTICE OF JESUS.

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

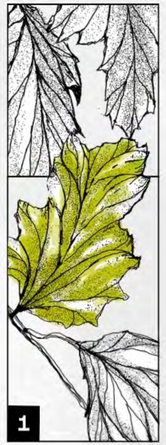
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



I AM AN APPRENTICE OF JESUS.

LET'S LEARN TOGETHER.

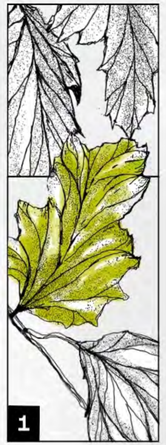
THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

↓

WE BECOME.

WITH JESUS.

REST
WEEK ONE
MATTHEW 11:28-30



REFLECTION

Where does Under God “Performance” or For God “Duty” show up most in your life right now?

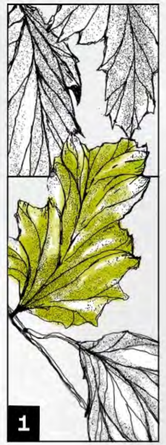
THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

↓

WE BECOME.

WITH JESUS.

REST
WEEK ONE
MATTHEW 11:28-30



REFLECTION

Where does Under God “Performance” or For God “Duty” show up most in your life right now?

“Jesus, what would ‘With You’ look like here?”

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

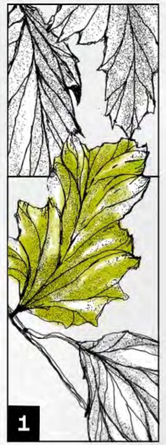
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



1

PRACTICE

This week, notice when “Under God” or “For God” pops up in your life.

When you catch it, simply ask:
“Jesus, what would ‘With You’ look like here?”

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

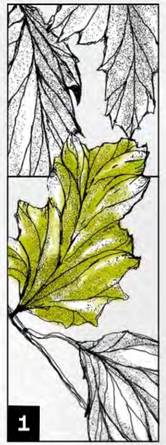
↓

WE BECOME.

WITH JESUS.

◆◇◇◇◇

REST
WEEK ONE
MATTHEW 11:28-30



HIS NAME IS ◆ "IMMANUEL, 'GOD WITH US.'"

HE SAID ◆ "I WILL NEVER LEAVE YOU NOR FORSAKE YOU."

HE PROMISED ◆ "I AM WITH YOU ALWAYS, TO THE END OF THE AGE."

THE MORE WE LET GOD TAKE OVER OUR LIVES, THE MORE OUR TRUE SELVES

↓

WE BECOME.