



**Western
Hills** CHURCH
of CHRIST

Rhythms #7

Sermon Notes

The Rhythm of Rest

Mark 6:30-32; Matthew 11:28-30

Let's see what Jesus' rhythm of rest looks like so we can find our rhythm.

_____ it out.

Take _____ without guilt or apology.

_____ physically and spiritually.

1. My soul needs rest from the burdens of _____.

2. My soul needs rest from the impossible requirements of the _____.

3. My soul needs rest from the torment of this world's _____.

4. My soul needs rest from my own _____.

5. My soul needs rest from the _____ that taunt my soul.

6. My soul needs rest from the threat of _____.

_____ to serve effectively.