

REFILL

Week 3

Kick Back and ... R.E.S.T.

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

Matthew 11:28-30 (NIV)

How does the idea of REST help us to REFILL?

Do we have the right _____?

The right _____?

Are we treating _____ as units of capacity?

R.E.S.T.

1. Recline

We need to adopt an appropriate _____.

Jesus said, “Come to me.... and I will give you rest.”

“Praise the Lord; praise God our savior! For each day he carries us in his arms.” Psalm 68:19 (NLT)

2. Exhale

_____ is appropriate – exhale unhealthy expectations and/or demands.

“Let everything that has breath praise the LORD. Praise the LORD.” Psalm 150:6 (NIV)

3. Share

Our position and our reaction sets us up for what’s next...

Our _____ with Christ.

“Share each other’s burdens, and in this way obey the law of Christ.” Galatians 6:2 (NLT)

4. Teachable

It’s all about choices. We need to make a _____.

Jesus said, ‘... and learn from me.’

“Give all your worries and cares to God, for he cares about you.” 1 Peter 5:7 (NLT)

Gospel-rest offers a deep reservoir of refreshment that continually

_____ us,

_____ our perspective, and

_____ our passion or to put it another way:

“May you experience the love of Christ, though it is so great you will not fully understand it. Then you’ll **be filled** with the fullness of life and power that comes from God.”

Ephesians 3:19 (NLT)

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Recap of the STOP and START way to REFILL

Week 1:

STOP Feeling Like a Failure,
START Thinking of God as a Friend!

Week 2:

STOP Thinking Big,
START Enjoying the Small Moments with God.