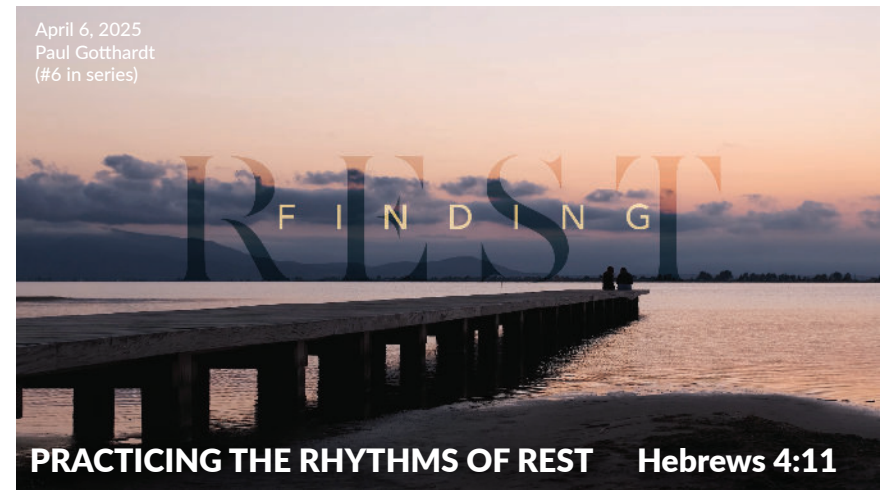


## Response and Reflection:

- Principle 1: Rest requires personal discipline.
- Principle 2: Rest involves humble trust.
- Principle 3: Rest includes elements of beauty and joy.
- Principle 4: Rest is satisfied in completed work.
- Principle 5: Rest is fully experienced with God.
- Principle 6: Rest reminds us of redemption.
- Principle 7: Rest is a declaration of freedom.
- Principle 8: Rest distinguishes us from the world.
- Principle 9: Rest allows for reflection on eternal matters.
- Principle 10: Rest calms us when easily annoyed.
- Principle 11: Rest enables us to be settled and secure.
- Principle 12: Rest is forfeited when we cling to sin.
- Principle 13: Rest restores wholeness on three levels.
- Principle 14: Rest encourages openness with God.



Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

- **Hebrews 4:11**



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**Key Idea:** \_\_\_\_\_ practice produces \_\_\_\_\_ results.

**What does this text teach us about applying God's Word to experience God's rest?**

**1. The \_\_\_\_\_ to practice is with diligence.**

*"Let us be diligent..."*

**How do we diligently apply God's Word to receive its benefits?**

- Pay \_\_\_\_\_ to what God said. (Hebrews 2:1)
- \_\_\_\_\_ what God said. (Hebrews 4:11)
- \_\_\_\_\_ what God said. (Hebrews 4:11)

**2. The \_\_\_\_\_ of practice is to enter God's rest.**

*"...to enter that rest..."*

**3. The \_\_\_\_\_ of practice is don't repeat the same mistakes.**

*"...so that no one will fall, through following the same example of disobedience."*

**Application:** Pick up a copy of our four new "Rest" cards from Vine Resources. The cards are at the Connection Center in the atrium and on our website. The new resources are called...

- Understanding Sabbath (1 of 4)
- Principles of Rest (2 of 4)
- Preparing for Rest (3 of 4)
- Practicing Rest (4 of 4)