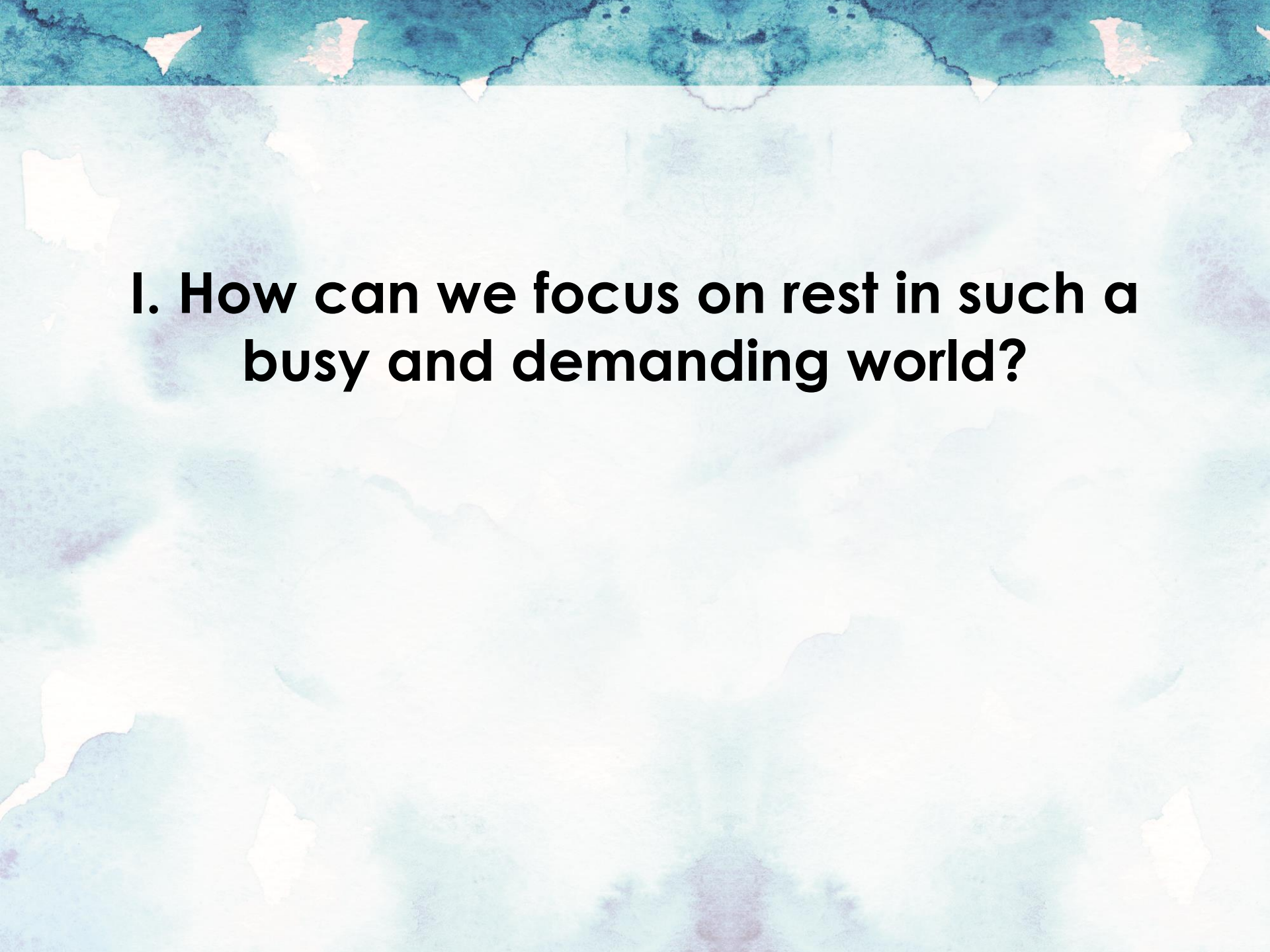
The image features a watercolor background with a central white rectangle. The watercolor is composed of various shades of blue and teal, with some areas appearing more saturated and others more faded. The edges of the watercolor are irregular and feathered, giving it a soft, artistic feel. The white rectangle is positioned in the center of the image and contains the text "LIVING A LIFE OF REST" in a bold, sans-serif font. The text is arranged in three lines: "LIVING" on the top line, "A LIFE OF" on the middle line, and "REST" on the bottom line. The letters are a light blue color that blends with the background watercolor.

**LIVING
A LIFE OF
REST**



Living a Life of Rest
Part One: Focus



I. How can we focus on rest in such a busy and demanding world?



A. Focus on Scripture.

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2 Timothy 3:14-17 But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, ¹⁵and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.

A. Focus on Scripture. (2 Timothy 3:14-17 continued)

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷so that the man of God may be thoroughly equipped for every good work.



1) Make your own opportunities.

1) Make your own opportunities.

Ephesians 5:15-16 Be very careful, then, how you live--not as unwise but as wise, ¹⁶making the most of every opportunity, because the days are evil.

1) Make your own opportunities.

Psalm 116:7-9 Be at rest once more, O my soul, for the LORD has been good to you.

⁸ For you, O LORD, have delivered my soul from death,

my eyes from tears,

my feet from stumbling,

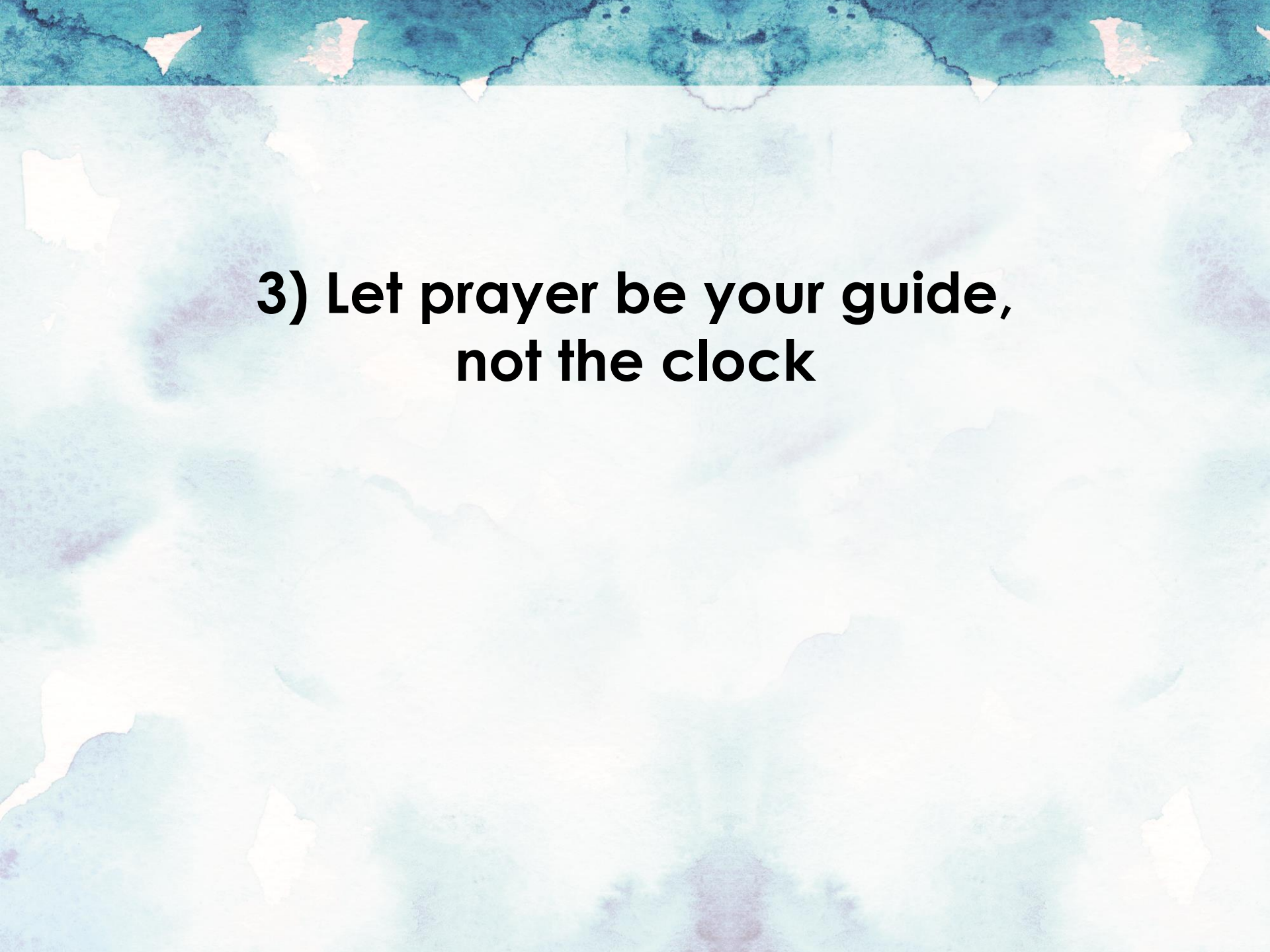
⁹ that I may walk before the LORD in the land of the living.



2) Create margin

2) Create margin

Mark 6:30-32 The apostles gathered around Jesus and reported to him all they had done and taught. ³¹Then, 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."
³²So they went away by themselves in a boat to a solitary place.



**3) Let prayer be your guide,
not the clock**

3) Let prayer be your guide, not the clock

Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they will be filled.

3) Let prayer be your guide, not the clock

Psalm 55:16-17 But I call to God,
and the LORD saves me.

¹⁷ Evening, morning and noon
I cry out in distress,
and he hears my voice.

Application

1)

2)