

BEING RESTFUL

1 Corinthians 6:12 & Jeremiah 6:16

What We Need Week 2

“Like money, social media is a great servant but a terrible master.” - Carey Nieuwhof

“...I have the right to do anything”—but I will not be mastered by anything.”  
- 1 Corinthians 6:12

- 58% of people don't go one waking hour without checking their phone.
- 59% of people check email as it comes in and 89% check it daily on vacation.
- 80% of teenagers sleep with their phones.
- 84% of people believe they couldn't go one day without their phones.

GOD HAS A SPECIAL REST IN CHRIST

“So there is a special rest still waiting for the people of God. <sup>10</sup> For all who have entered into God's rest have rested from their labors, just as God did after creating the world. <sup>11</sup> So let us do our best to enter that rest...” - Hebrews 4:9-11 NLT

“You have made us for yourself, O Lord, and our soul is restless until it finds rest in you.” - St. Augustine

“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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.” - Matthew 11:28-29

HOW DO WE FIND REST?

1) BE STILL.

“Be still, and know that I am God...” - Psalm 46:10

“But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me.” - Psalm 131:2 NIV 84

2) MAKE A PLAN.

*“A wise man thinks ahead; a fool doesn’t and even brags about it!” -*

Proverbs 13:16 TLB

Your Defensive Plan

- 1)
- 2)
- 3)

Your Offensive Plan

- 1)
- 2)
- 3)

*“This is what the LORD says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls...” - Jeremiah 6:16*

Digging Deeper & Life Application

- 1) What is a good defensive plan for you and those you love to overcome or prevent an addiction to technology?
- 2) What is a good offensive plan to seek God first in your life?