

28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 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

"Love the Lord your God with all your heart and with all your soul and with all your mind." 38 This is the first and greatest commandment. 39 And the second is like it: "Love your neighbor as yourself." Matthew 22:37-39

"Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. 18 It will produce thorns and thistles for you, and you will eat the plants of the field. 19 By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return." Genesis 3:17-19

23 So the Lord God banished him from the Garden of Eden to work the ground from which he had been taken. Genesis 3:23

1. Outside of the Garden of Eden, \_\_\_\_\_ an intimate relationship with the Father will require effort.

24 After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life. Genesis 3:24

"I am the way and the truth and the life. No one comes to the Father except through me. John 14:6

2. The cross of Christ is the only key for \_\_\_\_\_ to the garden.

2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:2-3

Follow God's example, therefore, as dearly loved children, Ephesians 5:1

3. God can only give me rest from my weariness and burdens when I take time to \_\_\_\_\_ in Him.

Subtracting a day of rest each week has had a profound effect on our lives. How could it not? One day a week adds up. Fifty-two days a year times an average lifespan is equal to more than eleven years. Take away eleven years of anything in a lifetime, and there will be a change... Subtract over a decade of sleep, work, or education, and the entire character of one's existence is altered. Multiply eleven years by over a third of a billion Americans and you are looking for a lost continent of time. Matthew Sleeth M.D. 24/6

4. We don't have rest for our souls because we rely on ourselves too \_\_\_\_\_ and rely on God too \_\_\_\_\_.

5. The \_\_\_\_\_ matters far less than what happens in our spirits on that day.