

Get Away

Get Away & Rest

1. Introduction

- Greeting and gratitude for community
- Recap of previous sermons in the "Get Away" series
- Introduction of today's main point: *Get away and rest*
- Invitation to be present and embrace rest

2. The Challenge of Embracing Rest

- Reflection on difficulty of taking time to rest
- Personal struggle with slowing down and staying present
- Consequences of neglecting rest: exhaustion and burnout
- Cultural resistance to rest and productivity mindset
- Common examples: unused vacation days, working during time off

3. Rest Is Biblical and Modeled by Jesus

- Jesus experienced human exhaustion (Luke 8:22–25, John 4:6)
- Jesus encouraged rest for his disciples (Mark 6:31)
- Jesus' example validates our need for rest

4. Rest Is Woven into Creation

- Rest instituted at creation as part of God's design
- Sabbath as part of the Ten Commandments (Exodus 20:8–11)
- Even the land was given rest in the Old Testament
- Observing rest honors God and makes life healthier

5. Practical Application and Cultural Shift

- Guarding time for rest and family is biblical
- Encouragement to reflect on personal rhythms of rest
- Rest allows us to be more present, emotionally available, and healthy
- Rest benefits those around us—especially our families

6. Closing Invitation

- Reiteration of the main point: *Get away and rest*
- Reading of Matthew 11:28–30
- Final encouragement: Accept Jesus' invitation into rest and develop a rhythm of rest