

# Creating Space for Rest and Sabbath

*A discussion on the importance of rest and how to incorporate Sabbath into a busy life.*

What is rest?

- Matthew 11:28 explains that rest is being with Jesus.
- We don't rest *from* something; we rest *in* someone.

What is Sabbath?

- Genesis 2:2, Exodus 20:8-11, Mark 2:27-28
- Sabbath is an invitation to us to intentionally rest. It is a joy, not a burden.

How can we add this to our busy schedule?

- Plan ahead. Use the other six days well.
- Every yes to something is a no to something else.
- Figure out what distracts you and remove it.

Helpful Resources:

- *The Ruthless Elimination of Hurry* by John Mark Comer
- Fight Hustle, End Hurry Podcast

Other Notes: