



How to Find Rest When Your Heart is Anxious

“Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.”

MATTHEW 11:28-30 (NIV).

1. God created you and me to need rest.

2. The ingredients of REST

- *Relationship* – Come to Me.
- *Eternal perspective* – God is bigger than a lifespan.
- *Surrender* – We can't rest while we're trying to control.
- *Trust* – “Trust also in Him, and He will do it” (Ps. 37:5 NASB).

3. God created you to need rest, because He created you to need Him.