

Eat your Veggies

Doing the things we don't want to do

Part 4: Sabbath Rest

**Your margin is the difference
between your current activity
and maximum capacity.**

Psalm 90:12



**“God is nowhere”
becomes
“God is now here”
when you make space.**

God's design for rest:

1. Deal with fear.

John 14:27

Fear of missing out

Fear of keeping up

Fear of insignificance

God's design for rest:

2. Manage your time wisely.

Ephesians 5:15-16

God's design for rest:

3. Practice Sabbath rest.

Hebrews 4:9-10

Jesus went off by Himself

To prepare for ministry. Luke 4:1-15

To get away after ministry. Mark 6:30-32

To make important decisions. Luke 6:12-13

To grieve. Matthew 14:1-13

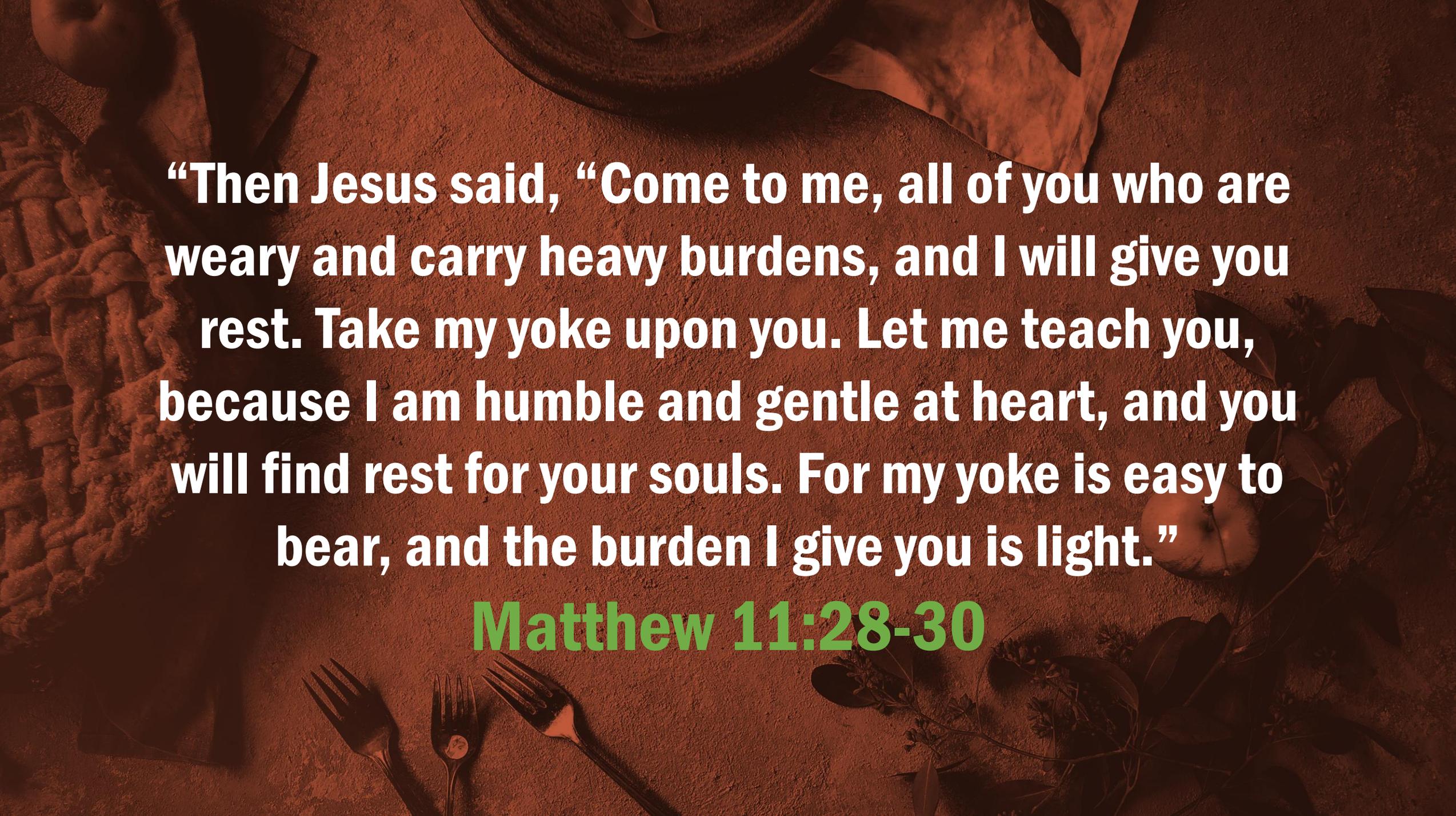
To discern the will of God. Luke 22:39-44

To spend alone time with the Father. Luke 5:16

God's design for rest:

3. Practice Sabbath rest.

Hebrews 4:9-10



“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Matthew 11:28-30

A still life composition featuring a braided pie, a wooden bowl, a white napkin, a red apple, and silverware on a textured blue-grey background.

Are You Practicing Sabbath Rest?