

# the perfect fit

CREATING SPACE FOR GOD DURING THE HOLIDAYS

## REST

### THE DOCTRINE OF REST

*Genesis 2:2-3; Exodus 20:8-11*

### THE JESUS UPDATE

*Matthew 5:17-30; Mark 2:23-28; Philippians 4:12;  
1 Timothy 6:6-8; Hebrews 13:5*

### 4 WAYS TO LEARN CONTENTMENT - HOW TO REST -

- 1. WE MUST STOP \_\_\_\_\_ OURSELVES TO ONE ANOTHER.**

*2 Corinthians 2:12*

- 2. CHOOSE TO \_\_\_\_\_ IN WHAT GOD HAS DONE.**

*Ecclesiastes 6:9*

- 3. BE \_\_\_\_\_ WITH WHAT GOD HAS PROVIDED.**

Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment. Tell them to use their money to do good. They should be rich in good works and generous to those in need, always being ready to share with others

*1 Timothy 6:17-18*

- 4. CHOOSE THE ETERNAL OVER THE TEMPORARY WHEN  
THE \_\_\_\_\_ PRESENTS ITSELF.**

*2 Corinthians 4:18*

### A PRAYER FOR THIS WEEK

Lord, let me learn how to be content. I want to learn this so I can truly worship You and thank You for Your goodness to me. Nudge me when it is time for me to stop striving and start worshipping. Show me how to find moments of rest both spontaneously and regularly so I can turn my thoughts to Your faithfulness to me. You are worthy of my praise. Develop contentment within me so I can give You unhindered, uninterrupted, thoughtful praise. I ask this in Jesus' name. Amen.