

**January Prayer and Fasting Month**  
**“Rest”**  
**Psalm 103:14, Deuteronomy 5:15, Ephesians 5:15–17**  
**January 26, 2025**

**Sermon Points:**

- 1. Importance of Biblical rest**
- 2. Principles of Biblical rest**
- 3. Practicals of Biblical rest**
  - Take some time for a\_\_\_\_\_ activities
  - Take some s\_\_\_\_\_ rest
  - Include a\_\_\_\_\_ rest

**Discussion questions:**

- 1. Consider the various ways the fall has made true rest difficult, both generally for mankind and personally for yourself. How do you find true rest in the gospel?**
- 2. What are you doing to obey God’s command to rest in the way he means us to?**

## Personal Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---