

# SUNDAY @ EMMAUS

09.24.23 Gathering #965/Livestream #185  
series: Rest sermon: The Gift of Rest

Like a brand new orange Schwinn...

## Matthew 11:28-30 p. 682:

“Come to me, all you who are weary and burdened,  
and I will \_\_\_\_\_ you rest.” - Jesus

## “Worse than I thought”

Rest isn't that \_\_\_\_\_.

Rest feels \_\_\_\_\_.

Rest is \_\_\_\_\_.

I \_\_\_\_\_ to rest.

## The larger context of “sabbath”

## If rest were a GIFT from God...

We'd \_\_\_\_\_

We'd \_\_\_\_\_

We'd \_\_\_\_\_

## Barriers to receiving the GIFT of rest

Are we \_\_\_\_\_?

Are we \_\_\_\_\_?

Are we \_\_\_\_\_?

## WELCOME!

We'd love to get connected!  
Learn more at [Emmaus.Church](http://Emmaus.Church).



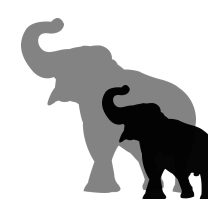
## WHAT'S NEXT?

sign up for EVERYTHING at  
[emmaus.church](http://emmaus.church) by scanning this:

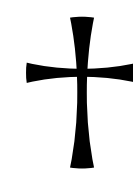


- 9.21 Women's Event: Chili & Axes at the Wallace's: 6855 S. Forbes Rd. Lincoln
- 10.1 Membership Info Meeting
- 10.4 Apostles' Creed class begins sign up by 10.1
- 10.15 Fall Baptism
- 10.21 Women's Brunch
- 10.29 New to Emmaus Lunch 12:30 in the Cottage (553 F St.)
- 11.3-5 Men's Weekend
- 12.24 Three Christmas Eve (Sunday) gatherings: 8a, 9:30a, 11a

## GOOD TO KNOW...



Multi-generational community is essential for the Christian church. We celebrate the wide range of ages at Emmaus and seek to welcome and learn from one another.



The Apostles' Creed is one of the earliest summaries of the Christian faith and it's still embraced by all global Christian traditions. Learn more through the class starting 10.4.



Choir Info meeting! Join Melissa after church (12:45ish) on October 8th to hear all about being in this year's Christmas Choir.

## QUESTIONS FOR HOME GROUPS

- Were you more purposeful about resting this week? What did you do/not do?
- Do you typically default to seeing rest as a gift or as a reward? What are some ramifications of your default perspective?
- Rest is one part of the larger concept of sabbath. What are some other parts?
- Which of the “barriers to rest” is the most prominent in your life, currently?
- How can you move toward overcoming that barrier?
- What is most challenging to you about Jesus' invitation to receive the gift of rest?