

REAL LIFE. REAL PEOPLE.: REST IN A RESTLESS WORLD

Jul 15, 2012 • Pastor Gregg Matte • 1 Kings 19:1–13

- **More weary, more worry.**
  Matthew 11:28; Philippians 4:6; Matthew 6:34

- **True rest is physical and spiritual.**
  Exodus 33:13–14; Hebrews 4:9–11

Dine on the bread of the Lord.
Genesis 3:19
Exodus 12:8, 16:4, 23:15, 25:30
Deuteronomy 8:3
Matthew 2:4–6, 4:3, 16:5–12
Mark 14:22
John 6:10–11, 6:51
Acts 2:42

- **Solitude is a strategic quest for depth, not just being alone.**
  Mark 1:35, 6:31

- **Rest is + God, not only - work.**
  Exodus 20:8–11

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