

# Rest

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Part of Summer at City Point '26

June 28, 2026

## **TODAY: REST**

Psalm 23:1 The LORD is my shepherd, I lack nothing.<sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters,<sup>3</sup> he refreshes my soul. He guides me along the right paths for his name's sake.

**"IF THE DEVIL CAN'T MAKE US BAD, HE'LL MAKE US BUSY."  
CORRIE TEN BOOM**

Matthew 11:28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.<sup>29</sup> 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.<sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."

## **REST YOUR MIND**

Mark 6:31 Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile."

John 4:6... So Jesus, tired as He was from His journey, sat down by the well.

## **RESET MOMENT**

Luke 5:16 But Jesus often withdrew to lonely places and prayed.

Matthew 26:41 Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

## **HONEST PRAYERS**

Acts 15:10.. a yoke that neither we nor our ancestors have been able to bear?

## **REST IN GOD'S WILL**

John 5:19 So Jesus explained, "I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.

Matthew 6:11 Give us today our daily bread.

## **REST IN HIS RESOURCES**

*TEXT GIVING - Text CITYPOINT to 77977 TODAY'S SONGS:  
Free (This Joy) (Life.Church Worship), Mighty Name Of Jesus (Hope Darst), Always On Time (Elevation Worship), Jesus Be The Name (Elevation Worship)*