



Hello Church!

Have you ever finally had a moment to slow down... and still felt exhausted?

You sit down to rest, but your mind keeps racing.

You finally have a quiet moment, but your thoughts won't quiet down with you.

Maybe you replay conversations.

Think about everything still left to do.

Feel guilty for slowing down at all.

Most of us know what it feels like to be physically tired.

But some of us are tired in ways sleep cannot fix.

This Sunday, we're continuing our Renewing Your Mind series with a message called: "I Can't Relax."

We'll explore Jesus' invitation in Matthew 11:28–30:

"Come to me, all you who are weary and burdened, and I will give you rest."

Together, we'll talk about the difference between distraction and real rest... and why so many of us have unknowingly trained ourselves to believe rest is unsafe.

This message is for the overthinkers, the constantly busy, the emotionally exhausted, and anyone who feels like their soul has been running nonstop for far too long.

Join us this Sunday at 10:30am

Come as you are. Bring a friend if you'd like. There's a place for you here.

Pastor Kaylee

P.S. If your mind has felt loud lately... this Sunday might feel like a deep breath.