

FOUNDERS

Jesus Promises Rest
Matthew 11:28-30



A smiling Jimmy Fallon in a dark suit and tie, sitting at a desk on the set of The Tonight Show. The background is a city skyline at night with illuminated buildings.

**THE
TONIGHT
SHOW**
STARRING
**JIMMY
FALLON**

HASHTAGS

#TurkeyDayTradition



LuckyLyzzie 

My mom makes us get up at 4am to “dance” with the raw turkey, holding it by its wings and legs, because it “tenderizes the turkey before it goes in the oven.” 33 years now. Just dancing with a turkey.

[#TurkeyDayTradition](#)





thesophiashow 

My dad, brother and grandpa always fight over the turkey neck. To settle it, my Grandma throws it over her head backwards and has them try to catch it like a bridal bouquet. [#TurkeyDayTradition](#)



megimonster 

My family has a tradition called
“HAM SLAP”, where you take a piece of
ham and slap an unsuspecting family
member in the face with it while yelling,
“You just got HAM SLAPPED!”

[#TurkeyDayTradition](#)





DremmaLive 

A tradition we're trying to break is that the last few years my 90 year-old grandma has come downstairs on Thanksgiving morning, without pants, saying, "This old bird wants some bird." [#TurkeyDayTradition](#)



FOUNDERS

Jesus Promises Rest
Matthew 11:28-30



The Promise of Rest

“Come to me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” - Matthew 12:28-30

The background is a textured, light beige color. In the center is a large, stylized sun. The sun's rays are depicted as wavy, flame-like lines radiating outwards. The sun's face is a large circle with a radial pattern of fine lines. The text is centered within this sun.

MARK
BUCHANAN

THE
REST OF
GOD

RESTORING YOUR
SOUL BY RESTORING
SABBATH

"Buchanan campaigns persuasively for readers to revive the Sabbath as a refuge from our destructive culture of busyness. Buchanan's prose is fresh and immediate, earnest and self-effacing at the same time."

—*Publishers Weekly*

READ BY ERIC MICHAEL SUMMERER

Why Don't We Rest?

- Distorted View

“In a culture where busyness is a fetish and stillness is laziness, rest is sloth.”

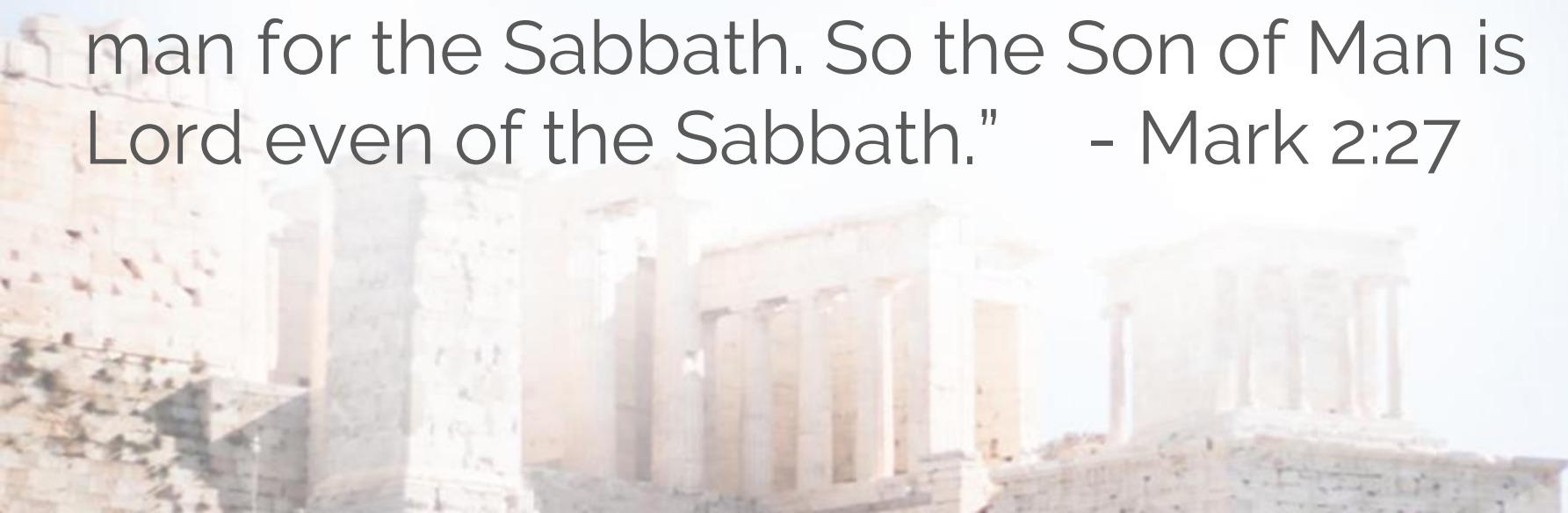
- Mark Buchanan



Why Don't We Rest?

- Distorted View

“The Sabbath was made for man, and not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.” - Mark 2:27



Why Don't We Rest?

- Distorted View
- Distorted Value



What Dangers Do We Face?

- We Lose Passion

“How much do I care about the things that I care about? ... Busyness makes us stop caring about the things we care about ... Busyness kills the heart.”



What Dangers Do We Face?

- We Lose Passion
- We Lose Perspective

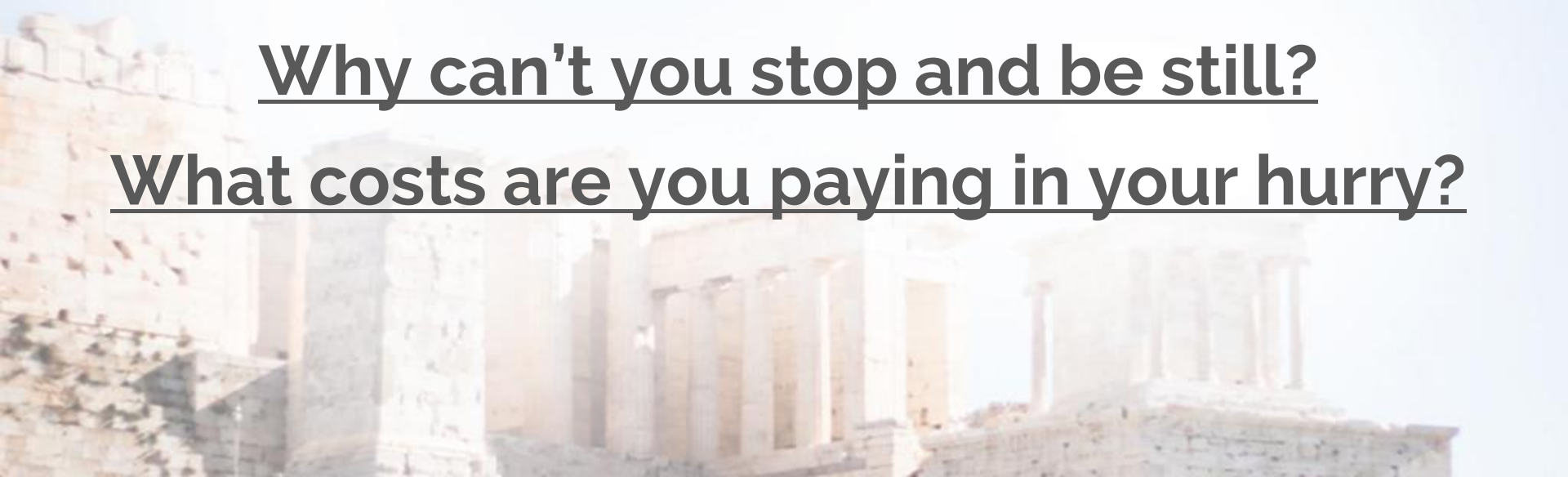
“The worst hallucination busyness conjures is the conviction that **I am God**. All depends on me. How will the right things happen at the right time if I’m not pushing and pulling.”

What Dangers Do We Face?

- We Lose Passion
- We Lose Perspective

Why can't you stop and be still?

What costs are you paying in your hurry?



What is Rest?

- Ten Commandments (Exodus 20:8-11)
- It is NOT the same as
Leisure/Amusement



Sabbath vs Leisure

“One of the largest obstacles to true Sabbath-keeping is leisure ... Leisure is what Sabbath becomes when we no longer know how to sanctify time. Leisure is Sabbath bereft of the sacred. It is vacation – literally, a vacating, an evacuation ... Leisure has become despotic in our age, enslaving us and exhausting us, demanding more from us

**GIVES YOU 15 SECONDS
BETWEEN EPISODES TO DECIDE**

NETFLIX

**IF YOU'RE DOING ANYTHING
WITH YOUR LIFE TODAY.**

Sabbath vs Amusement

“People will come to love their oppression, to adore their technologies that undo their capacities to think ... the truth would be drowned in a sea of irrelevance ... [as] we would become a trivial culture ... [having] failed to take into account man’s almost infinite appetite for distractions and pleasures.”

What is Sabbath?

“Sabbath imparts the rest of God – actual physical, mental, spiritual rest, but also ... the things of God’s nature and presence we miss in our busyness ... This is where we engage! Sabbath is a day ... set aside for feasting and resting and worship and play. It is a gift from God. It is also an attitude, a perspective, an orientation of the heart when the world around us is unrestful & swirling.”

How Do We Rest?

- Stop ... *Scheduled Unscheduled Time*
- Sleep ... *Trust God is Still at Work*
- See ... *Sovereignty & Dispensability*

“The truly purposeful have an iconic secret: they manage time less and pay attention more ... It's that they notice. They're fully awake.”

How Do We Rest?

- Stop ... *Scheduled Unscheduled Time*
- Sleep ... *Trust God is Still at Work*
- See God's Sovereignty & Your Dispensability
- Slay the Taskmasters of Guilt & Anxiety

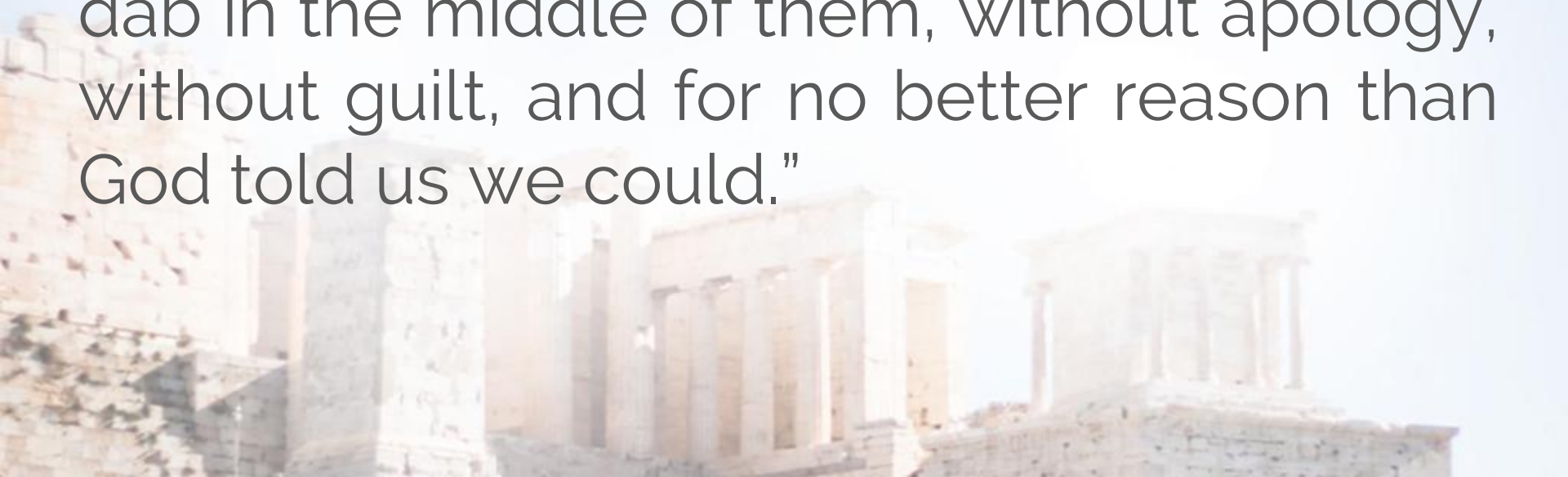


Taskmasters of Guilt & Anxiety

“The lie the taskmasters want you to swallow is that you cannot reset until your work’s all done ... but the work’s never done, and never done quite right. It’s always more than you can finish ... Sabbath is a stop-work order in the midst of work that’s never complete, never polished. Sabbath is not the break we’re ...”

Taskmasters of Guilt & Anxiety

“... allotted at the tail end of completing all our obligations. It's the rest we take smack-dab in the middle of them, without apology, without guilt, and for no better reason than God told us we could.”



How Do We Rest?

- Stop ... *Scheduled Unscheduled Time*
- Sleep ... *Trust God is Still at Work*
- See God's Sovereignty & Your Dispensability
- Slay the Taskmasters of Guilt & Anxiety
- Be Strengthened ... Play, Laugh, Love, & Sing

FOUNDERS

Jesus Promises Rest
Matthew 11:28-30

