

SERMON OUTLINE
WRITTEN IN STONE – WEEK 4:
Taking a Break (Leisure Suits You)
Matthew 11:28-30
July 18 & 19, 2026 - Pastor Mark Rein

I. God established rest in _____

Genesis 2:2-3

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

II. The _____ for _____

Mark 6:31

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

III. Sabbath was given to _____ us, not to _____ us

Mark 2:23-28

IV. It doesn't matter _____ you Sabbath

Romans 14:5

Colossians 2:16-17

V. The Sabbath principle also teaches _____ on _____

Luke 1:37

For nothing will be impossible with God.

Ephesians 3:20-21

VI. The Sabbath principle gives us freedom from _____

Ephesians 2:8-9

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

Next Steps:

1. Choose one day a week to stop, delight in God, rest and worship.
2. Don't let the enemy take that which was meant to bless and turn it into a burden.
3. Embrace the truth that in Jesus we have Sabbath rest.