



Sabbath - Made For Rest
God Offers Rest (Hebrews 4 & Matthew 11)
Jon Payne : EFCA District Superintendent
14 June 2026

2. Jesus gives a _____ for rest

(Matthew 11:28-30; Philippians 1:6, 4:6-7)

1. God _____ rest to His people with a covenant

(Psalm 95:10-11; Jeremiah 30:10; Isaiah 32:17; Hebrews 4:1-3, 9-11)

This week's Sabbath Prayer

LORD, help us to rest and seek rest this week. Lead us back to a place of physical, mental, emotional and spiritual health, healing, and restoration so that we can be effective ambassadors of your name and your kingdom. (Psalm 23)

There are a few copies left! Pick up your free copy of "The Art of Rest"—before you leave! We encourage you to read through chapters 5 and 6 this week.