

SUMMER BAGGAGE



Bridge City
CHURCH

8/3/2025

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PART V: FINDING REST FOR A HURRIED SOUL

Matthew 11:28-30 (NLT). *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 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. For my yoke is easy to bear, and the burden I give you is light."*

Rest: A deep and restorative rest, not only physical, but also spiritual, emotional – and a deep, restorative rest of the soul.

REMEMBER: I find rest by adopting the rhythms of God's grace in my daily life.

Matthew 11:28-30 (MSG). *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

Rhythms of grace: Moving to the rhythm and sequence of God's steps, whose strength, love, and grace lead us to places of rest and delight.

Dallas Willard: *"Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life."*

REST IS AN INVITATION TO:

1. [PAUSE].

What if we find more in the less?

When we're still, when we pause the hurry long enough, we can focus on what really matters in the moment.

Luke 10:40b - 42 (NLT). *She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."*

2. MAKE [SPACE].

What if God wants to do more in your empty spaces?

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

Jesus invites us to learn His unforced rhythms of grace.

3. [LET GO].

What if the weight we carry isn't ours to carry?

Matthew 11:29-30 (NLT). *"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. For my yoke is easy to bear, and the burden I give you is light."*

Rest is a call to a radical faith in God and in His ability to provide for our every need.

To make progress, we must first learn to let go.

SUMMER
at Bridge City

FACILITATING A CONNECTION GROUP

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