

**“God’s Party (2): Facebook”**  
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- ☐ Matthew 11:28—“Come to Me . . . and I will give you \_\_\_\_\_.”
  - ◆ The Greek word for “rest” is *anapauo*—composed of two parts—*ana*, “\_\_\_\_\_”, and *pauo*, “to \_\_\_\_\_ or \_\_\_\_\_.”
  - ◆ “In your ascent through life you’ve got to stop and rest—or you’ll never make it to the top—so come to Me, and let Me be your \_\_\_\_\_ again and again.”
  
- ☐ Matthew 11:28 – 12:8
  - ◆ A short Sabbath narrative—bookended on one side by Jesus’ invitation to find \_\_\_\_\_ in him, and bookended on the other side by His declaration that He is the Lord of the \_\_\_\_\_.
  - ◆ “Come to Me and I will give you rest” is the \_\_\_\_\_ gospel promise from the gospel’s \_\_\_\_\_ Lord.
  - ◆ You see, while the case can be made for the gospel’s \_\_\_\_\_ (permanent) rest in Christ, the actual language Matthew uses also describes the Sabbath’s \_\_\_\_\_ (periodic) resting in Jesus.
  
- ☐ How does Jesus’ Sabbath promise address our deepest fatigue?
  - ◆ *For our \_\_\_\_\_ fatigue, it restores our \_\_\_\_\_.*
    - National Sleep Foundation study: “Nearly \_\_\_\_\_ million Americans chronically suffer from sleep problems and disorders that affect their careers, their personal relationships and safety on the roads.” ([http://afp.google.com/article/ALeqM5iroOS2487zcub5UJ5bWtJ51\\_chpw](http://afp.google.com/article/ALeqM5iroOS2487zcub5UJ5bWtJ51_chpw))
    - *Journal of Adolescent Health* (March, 2008):
      - “One \_\_\_\_\_ of the participants reported having one or more symptoms of insomnia, such as trouble falling asleep or staying asleep, every night.” (*Newsweek* 4-7-08 p 10)
      - “Those with chronic insomnia were five times more likely to think their mental health was poor, three times as likely to have health problems and trouble at school, and twice as likely to use alcohol and drugs like marijuana and cocaine.” (Ibid)
      - *Newsweek* also reported that the use of prescription sleep medication for children under the age of 19 spiked \_\_\_\_\_ % between 2001 and 2006.
    - \_\_\_\_\_ is a part of God’s Sabbath gift.
    - Psalm 127:2—“He gives His beloved \_\_\_\_\_.”
  - ◆ *For our \_\_\_\_\_ fatigue, it refreshes our \_\_\_\_\_.*
    - “Poll finds college campuses seas of stress” (*SBT* March 19, 2008)
  - ◆ *For our \_\_\_\_\_ fatigue, it refines our \_\_\_\_\_.*
    - Psalm 73:25—“Whom have I in heaven but You? And there is \_\_\_\_\_ [nothing—NIV] upon earth that I desire besides You.”
    - *Dallas Morning News* editorial—“Americans’ refusal to recognize natural limits.” ([www.dallasnew.com](http://www.dallasnew.com) 3-31-08)
  - ◆ *For our \_\_\_\_\_ fatigue, it renews our \_\_\_\_\_.*

- Matthew 11:28-30 *Message*: “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 \_\_\_\_\_ with me and you'll learn to live freely and lightly.”
  
- What would happen if we began to think of every new Sabbath as “keeping company” with Jesus?
  - ◆ What if we treated the Sabbath as Jesus' \_\_\_\_\_ ?
  - ◆ “Rest in [Christ's] arms and know that He is your Saviour, and your very best Friend, and that He will never leave nor forsake you. He has been your dependence for many years, and your soul may rest in hope.” (*This Day with God* 313)
  - ◆ A simple suggestion:
    - Circle these three verses (28, 29, 30) in your own Bible.
    - At the beginning of every Sabbath read vv 28, 29.
    - With this prayer: “Dear Jesus—I receive your Sabbath offer of \_\_\_\_\_. I wish to keep special \_\_\_\_\_ with you for these 24 hours. Let me see your \_\_\_\_\_. Amen.”
    - Then spend the Sabbath day looking for the Face of your very best Friend.
    - At the end of the Sabbath read v 30.
    - With this prayer: “Lord—I want to be ‘yoked’ or partnered with you all through the new week. Please keep \_\_\_\_\_ with me until we return together to your Facebook Sabbath. Amen.”

*Keeping company  
with your very best Friend*

rest, again, stop, cease, rest stop, rest, Sabbath, Sabbath's, Sabbath, permanent, periodic, physical, pace, 50, quarter, 45, Sleep, sleep, emotional, hearts, financial, wants, none, spiritual, friendship, company, Facebook, rest, company, Face, company