



**Hebrews 4:1-16 (693)**

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*Matthew 11:28-30*

**2. C** \_\_\_\_\_

*Mathew 7:13-14*

**3.C** \_\_\_\_\_

*John 5:17-18*



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# WHAT NEXT ?

Where do you find rest? \_\_\_\_\_  
\_\_\_\_\_

What do you need rest from? \_\_\_\_\_  
\_\_\_\_\_

How long does your rest last? \_\_\_\_\_

What helps you stay in God's rest? \_\_\_\_\_  
\_\_\_\_\_

Jesus knows your struggle. How can that help you rest? \_\_\_\_\_  
\_\_\_\_\_

How does your rest today anticipate the future rest you have?  
\_\_\_\_\_

Is festivity part of your rest \_\_\_\_\_  
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*Check out the resources in the foyer and in the Rock Pointe area of the Anchor café and see how they can help you in your next step.*

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