

# GET SOME REST

Stress – A state of strain, pressure, & struggle; it can be physical, mental, spiritual

First Thess. 5:23 - God has provided rest for us spirit, soul, and body.

Col. 3:18-22 – The series of relationships listed are interrelated

1. **Physical rest** - Mk. 6:30-32 (including sleep)

a. A change in location

b. A change in activity

c. Set aside time for it

2. **Mental rest** – Matt. 11:28-30; Is. 26:3

3. **Spiritual rest** – Hebrews 4:9