


THE LIFESTYLE SERIES

Recentring our lives around Jesus
Galatians 2:20



A desk with a camera, a pen holder, and an alarm clock. The camera is a vintage-style silver and black camera. The pen holder is a mesh cylinder containing several pens and pencils. The alarm clock is a classic twin-bell alarm clock with a white face and black numbers. The desk is made of light-colored wood. In the background, there are books and a shelf with various items.

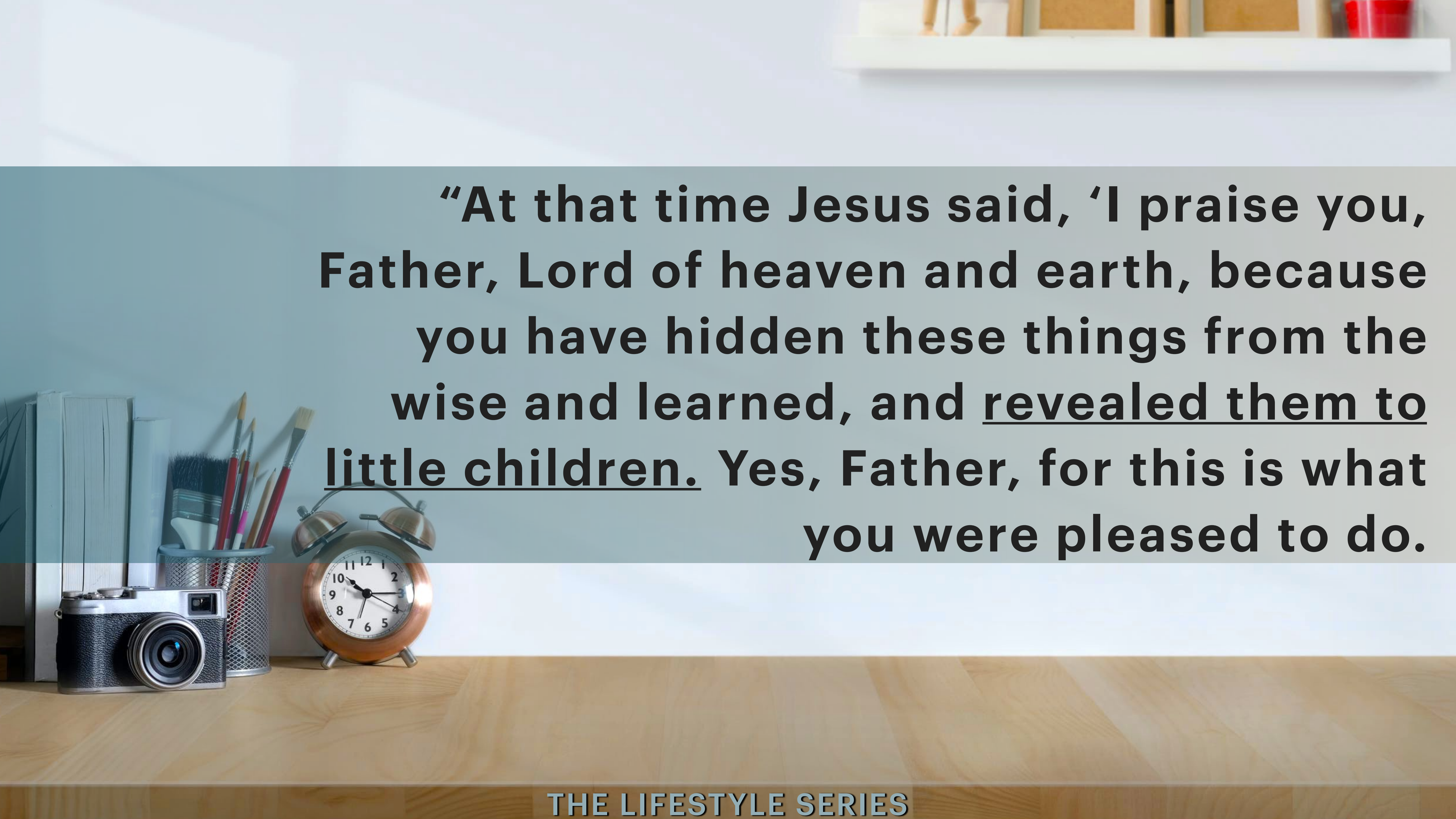
“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

Galatians 2:20 NIVUK

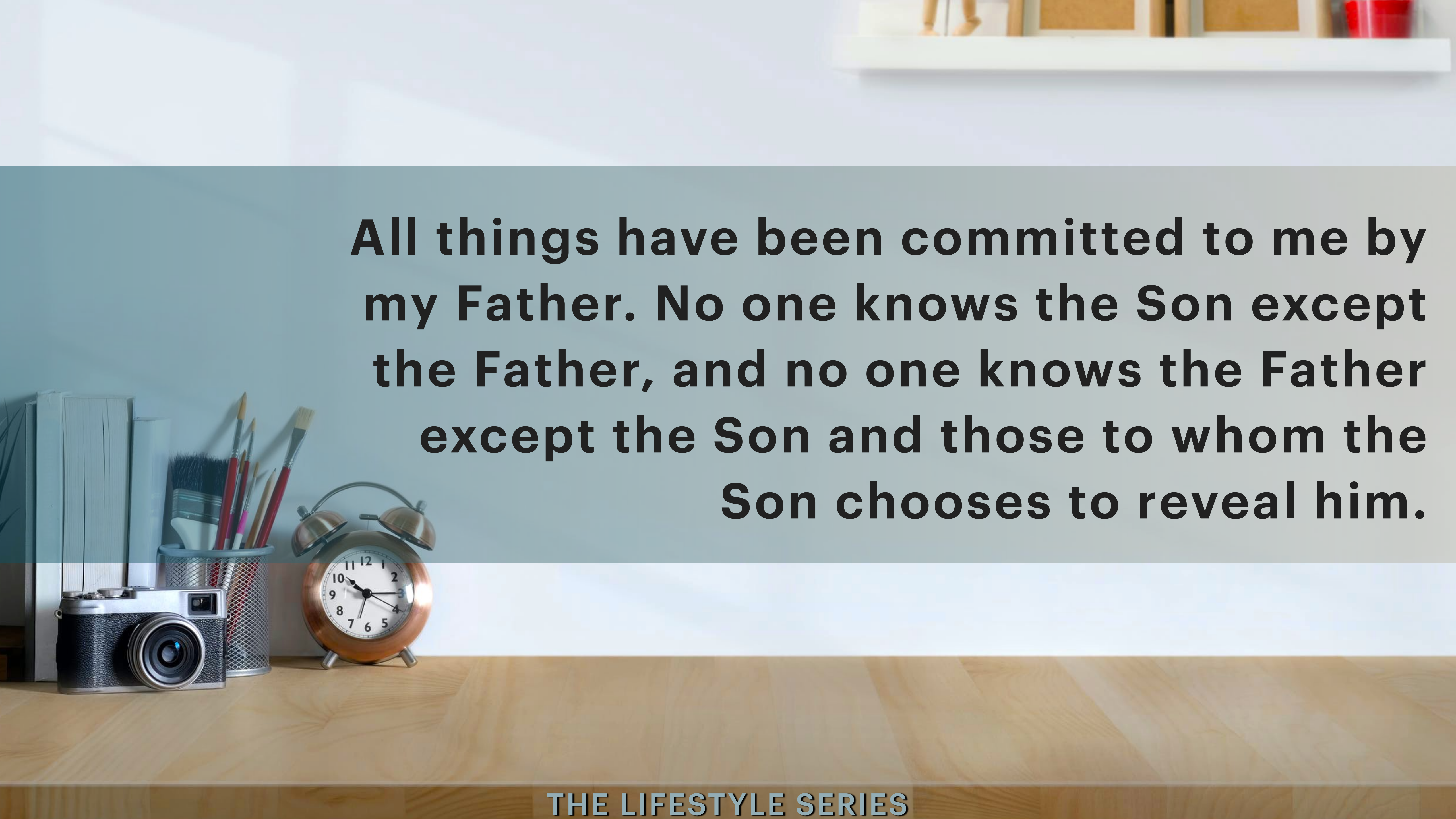
REST: A Lifestyle of Trust

Matthew 11:25-30




A desk with a camera, a pen holder, and an alarm clock. The desk is made of light-colored wood. On the left, there is a silver and black camera. Next to it is a metal mesh pen holder containing several pens and pencils. To the right of the pen holder is a brass-colored alarm clock. In the background, there are some books and a white shelf with a red cup.

“At that time Jesus said, ‘I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

A photograph of a desk with a camera, a pen holder, and an alarm clock. The desk is made of light-colored wood. On the left, there is a silver and black camera. Next to it is a metal mesh pen holder containing several pens and pencils. To the right of the pen holder is a brass alarm clock. The background is a light blue wall with a white shelf above it. The text is overlaid on a semi-transparent grey band across the middle of the image.

All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

A desk with a camera, a pen holder, and an alarm clock. The camera is a vintage-style silver and black camera. The pen holder is a mesh cylinder containing several pens and pencils. The alarm clock is a classic orange and silver twin-bell alarm clock. The desk is made of light-colored wood. In the background, there is a white shelf with some books and a red cup.

‘Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.’”

Matthew 11:25-30 NIVUK

Three fundamentals for a restful and trusting lifestyle:



Fundamental #1: Admit

Has your soul been awakened to your need
for Christ and His forgiveness?

Fundamental #2: Come to Jesus

It is to believe, receive, eat, drink,
confess, hear and look.

Six Ways We Come to Jesus

1. Newborn babies for growth.
2. Living stones for friendship.
3. Holy priests for worship.
4. God's people for witness.
5. Aliens and strangers for holiness.
6. Servants of God for citizenship.


1 Peter 2:1-17

Fundamental #3: Take and Learn

Yoke: to bind oneself to God; a commitment to a life of learning God's words and ways, and to obey.

A Disciple in Jesus' Day Would:

- 1. Memorize His words.**
- 2. Adopt His interpretation of the scriptures.**
- 3. Imitate His ministry model.**
- 4. Multiply His teaching in His own disciples.**

A photograph of a desk with a camera, a pen holder, and an alarm clock. The desk is made of light-colored wood. On the left, there is a silver and black camera. Next to it is a metal mesh pen holder containing several pens and pencils. To the right of the pen holder is a copper-colored alarm clock with two bells. The background is a white wall with a shelf holding some items. A semi-transparent grey banner is overlaid on the image, containing the text.

A lifestyle of rest (that promotes trust) is given and found.

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How can I take responsibility for this message?

- a. Come to Jesus and stay long enough so you can say, "That was unhurried time with Jesus."**
- b. Memorize Matthew 11:28-30.**

How can I take responsibility for this message?

- c. Build a discipling relationship with another.**
- d. Rest (practice Sabbath).**