

# MESSAGE SUMMARY

**IT'S FINISHED, AND THE REST IS UP TO YOU- PASTOR DAVID WINSTON**

- **WE ARE SEATED IN CHRIST. GRACE MAKES REST POSSIBLE. REST IS A BY PRODUCT OF FAITH. YOU CAN NOT GET TO LONG LIFE WITH SHORT LIFE HABITS. THE THINGS OF GOD FLOW BEST IN AN ENVIRONMENT WHEN YOU REST. NO FAITH IN GOD MEANS NO REST.**
- **REST IN HEBREWS MEANS CEASE FROM ACTIVITY.**
  - **GOD CONSECRATED (SACRED) AND COMMANDED THAT IT BE HOLY.**
  - **GOD VALUES REST AS A TIME TO RECHARGE AND VALUE HIM.**
- **REMEMBER THE SABBATH DAY AND KEEP IT HOLY.**
  - **THE 7<sup>TH</sup> DAY IS SABBATH TO GOD**
  - **IT ALLOWS TIME FOR REJUVENATION**

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- **DISOBEDIENCE KEEPS US FROM ENTERING INTO GOD'S REST.**
- **SAINTS OF GOD HAVE A BLESSED REST FROM TOILS AND TROUBLES. AS YOU SLEEP YOUR SPIRIT DOES NOT WORK. THE HOLY GHOST GIVES YOU SOLUTIONS TO YOUR SITUATIONS WHEN YOU REST. THE HOLY SPIRIT WILL TEACH YOU ALL THINGS. STUDY THE WORD OF GOD.**
- **WHEN YOU ARE EXHAUSTED, IT IS HARD TO HEAR GOD. YOUR HEALING DOES NOT HAVE TO BE WORKED FOR. REST IN GOD NOT YOUR OWN EFFORT.**
- **CEASE FROM WEARINESS AND PAIN ENTER INTO GOD'S REST. REDUCED EFFORT AND SUSTAINED TRUST EQUALS REST.**

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# MESSAGE SUMMARY

**IT'S FINISHED, AND THE REST IS UP TO YOU- PASTOR DAVID WINSTON**

- GOD CALLS IT DOUBT AND UNBELIEF WHEN YOU DO NOT REST IN HIM.**
- EXAMPLE OF DIVINE REST IS GOD AND CHRIST. THE REST OF GOD IS THE PERFECT DIVINE SATISFACTION. THE DIVINE REST IS A PATTERN TO TAKE TIME WITH GOD AND FAMILY AND PRAY FOR ONE ANOTHER. PUT YOUR SMART PHONE DOWN. THOSE WHO DO NOT LOVE THE SABBATH ON EARTH ARE NOT PREPARED FOR HEAVEN.**
- ALLOW GOD TO REJUVENATE US WITH PRAYER AND REST IN THE TIME WITH GOD. YOU WILL HAVE CLEAR HEAD AND HEART TO HEAR FROM GOD. DO NOT HAVE ANY INTERRUPTIONS FROM GOD. GOD SET ASIDE THE SABBATH AS A DAY OF REST. YOU NEED TIME ALONE WITH GOD TO MEDITATE AND REJUVENATE.**

# MESSAGE SUMMARY

## *SCRIPTURE REFERENCES – NKJV UNLESS OTHERWISE STATED*

**EPHESIANS 2:4-9 NIV**

**GENESIS 2:2-3 NIV**

**GENESIS 2:7,15**

**EXODUS 20:8-10**

**HEBREWS 4:13, 4-6, 7-10**

**HEBREWS 4:3 TPT**

**HEBREWS 4:2 AMPC**

**PSALM 95:7-11**

**PSALM 127:2 ESV**

**HEBREWS 4:10 AMP**

**HEBREWS 4:9-11 TPT**

**PROVERBS 14:23**

**GENESIS 6:3**

**ISAIAH 40:31**

**MATTHEW 11:28-29 CEV**

**MARK 4:35-41**

**HEBREWS 3:12 ESV**

**PSALM 23:1-3 NLT**

**PSALM 91:16**

**1 CORINTHIANS 11:24-25**

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