

MESSAGE NOTES

June 22, 2008

BLUEPRINTS FOR LIFE: THE BEDROOM Enjoy the Ultimate Rest!

Why is "sleep" such a big business in America?

What are some of the ramifications of being spiritually sleep deprived?

What are some of the facets of rest described in the Old Testament?

READ Hebrews 4:1-11

Enjoy the ultimate rest _____!

What was the rest God promised to his people Israel?

- *Exodus 33:14 (NIV) The LORD replied, "My Presence will go with you, and I will give you rest."*

What led him to say, "They shall never enter my rest!"?

What is the rest God promises to us?

What would lead him to say to us, "You shall never enter my rest"?

What is so amazing about the truth "the promise of entering his rest still stands."

- *Joshua 21:43-45 (NIV) 43 So the LORD gave Israel all the land he had sworn to give their forefathers, and they took possession of it and settled there. 44 The LORD gave them rest on every side, just as he had sworn to their forefathers. Not one of their enemies withstood them; the LORD handed all their enemies over to them. 45 Not one of all the LORD's good promises to the house of Israel failed; every one was fulfilled.*

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- *Philippians 4:13 I can do everything through him who gives me strength.*

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- *Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 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.*

'You have made us for yourself, O Lord, and our hearts are restless until they find their rest in you'
- Augustine

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