**Series:** RE:Renew | Rebuild | Restore

**Message: Rest to Renew September 3, 2017**

Rest?

**Rest impacts body, mind, spirit, relationships.**

Genesis 2:1-2 | Matthew 11:28-29 | Psalm 46:10 |Isaiah 58:11

**Margin: the amount available beyond what is necessary**

**What matters that is missing?**

Intimate time with God.

 Matthew 6:33

Intentional times of rest.

Matthew 11:28-29

**What does God need to renew in you?**

God will renew your spirit.

 Psalm 51:10 | Psalm 57:7

God will renew your strength.

Isaiah 43:31 | Isaiah 61

**Notes:**

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**Praying Together**

Take some time to list below what is weighing down your heart and bring it to God in prayer:

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