

## **Upcoming Events**

### **CONNECT LUNCH**

***Open to anyone new or not connected to our church family!***

Today @ 11:45 a.m., Upper Family Life Center

### **J.O.Y. SEEKERS (Adults 55+) – July Lunch & Program**

Tuesday, July 29 @ noon, Family Life Center

*Questions – contact Pastor Dan – [dan@troymc.org](mailto:dan@troymc.org)*

### **RETIREMENT CELEBRATION FOR LISA RAYLE**

***Join us for light refreshments & lots of preschool memories!***

Sunday, August 3 @ 11:45 a.m., Family Life Center

**See our website for additional details– [troymc.org/events](http://troymc.org/events)**

## **Message Notes**

July 27, 2025

### **God's Economy: Rest**

Matthew 11:28-30; Jeremiah 6:16

The Bible on "Rest":

1. Part of God's plan since creation. (Genesis 2:2-3)
2. Practicing Sabbath rest was a commandment of the OT Law (Exodus 20:8-11)
3. The Sabbath was made for people, not people for the Sabbath. (Mark 2:27-28; Galatians 3:23-25)
4. Jesus offers us God's rest. (Matthew 11:28-30)

God's Rest: Experiencing the complete wellness and wholeness and holiness that God always intended for us – characterized by peace, contentment, quiet, light burdens, assurance of eternal life, hope, endurance, a cleansed conscience, power through God's Holy Spirit, and the fruit of the Spirit.

Practical ideas for living a more restful life:

What's even more important than rest? RESURRECTION

Resources:

*The Rest of Life* by Ben Witherington III

*The Overload Syndrome* by Richard A. Swenson

*Finding Rest When the Work is Never Done* by Patrick Klingaman