



The Principle of Rest

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Exodus 20:8–11

1. There are reasons God said to rest.

(1) It gives God the opportunity to provide for us supernaturally.

Exodus 16:23–30

(2) It gives us the opportunity to rest and be refreshed.

Exodus 31:14–17

2. There are consequences when we don't rest.

Numbers 15:32–26; 2 Chronicles 36:20–21

3. There are blessings when we rest.

Mark 2:23–28

What is the Holy Spirit saying to me through this message?

Scripture is from the New King James Version of the Bible.