



The Notes

STARTING LINE

Part 5: “The Rest of the Race”

January 29, 2023

Pastor Chris Jung

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30 (MSG)

I WANT TO GET THE REST I REALLY NEED, BECAUSE...

1. ...I DON’T WANT TO MAKE DECISIONS ON AN _____.

“When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day’s journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: ‘Enough of this, God! Take my life—I’m ready to join my ancestors in the grave!’ Exhausted, he fell asleep under the lone broom bush. Suddenly an angel shook him awake and said, ‘Get up and eat!’ He looked around and, to his

surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep. The angel of God came back, shook him awake again, and said, ‘Get up and eat some more—you’ve got a long journey ahead of you.’ He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb.”

1 Kings 19:3-8 (MSG)

2. ...I DON'T WANT TO _____ AND _____.

“Immediately Jesus told his followers to get into the boat and go ahead of him across the lake. He stayed there to send the people home. After he had sent them away, he went by himself up into the hills to pray. It was late, and Jesus was there alone.”

Matthew 14:22-23 (MSG)

3. ... I DON'T WANT TO GIVE WHAT'S _____ TO WHAT _____.

“When Jesus learned what had happened, He got on a boat and went away to spend some time in a private place. The crowds, of course, followed Jesus on foot from their cities. Though Jesus wanted solitude, when He saw the crowds, He had compassion on them, and He healed the sick and the lame.”

Matthew 14:13-14 (TVB)

*“It’s useless to rise early and go to bed late,
and work your worried fingers to the bone.
Don’t you know he enjoys giving rest to those
he loves?”*

Psalm 127:2 (MSG)

**4. ...I DON’T WANT TO BE AT
_____ IN THE SUN AND
_____ IN THE _____.**

*“And then Jesus got into a boat, and His disciples followed Him. Out of nowhere, a vicious storm blew over the sea. Waves were lapping up over the boat, threatening to overtake it! Yet Jesus was asleep. Frightened (not to mention confused—how could anyone sleep through this?), the disciples woke Him up. **Disciples:** Lord, save us! We’re going to drown! **Jesus:** Please! What are you so afraid of, you of little faith? Jesus got up, told the wind and the waves to calm down, and they did. The sea became still and calm once again. The disciples were astonished.”*

Matthew 8:23-26 (TVB)