



new life fellowship

Sermon Title: Our Rule of Life: Living from a Place of Rest

Speaker: Rich Villodas, Lead Pastor

Scriptures: Matthew 11:28-30

“Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken. How long will you assault me? Would all of you throw me down— this leaning wall, this tottering fence? Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse. Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. Surely the lowborn are but a breath, the highborn are but a lie. If weighed on a balance, they are nothing; together they are only a breath. Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them. One thing God has spoken, two things I have heard: “Power belongs to you, God, and with you, Lord, is unfailing love”; and, “You reward everyone according to what they have done.””

Psalm 62:1-12 NIV

Sermon Outline:

1. Overview of what a Rule of Life is.
2. Example of lack of rest: Sleep deprivation.
3. You can have sleep but little rest.
4. Rest is the quality of life that enables us to live “at ease” in confident trust in God.
5. Only God can bring us the rest we need; no where else can rest be truly found.
6. The many ways we try to find rest in other sources except God.
7. Trust in God is KEY to resting in God’s love.
8. Practices of rest: Sabbath /self-care /embracing our limits /play and recreation.

Sermon Summary:

This Sunday Pastor Rich shares on the importance of shaping our rule of life - and, in turn, our actual lives, that we may learn how to live from a place of rest.

Sermon Questions:

What words or phrases from this scripture passage resonated in you as you read them? Why?

- How does this scripture connect for you the topic that was discussed today? How so?
- How has your family of origin, the family you grew up in, helped or hinder your to live from a place of rest?
- Where in your life do you need rest? Are you restless? Where are you experiencing worry and anxiety?
- How is God inviting you to receive the rest He can only give? What must you eliminate from your schedule in order to receive more rest?
- Have you attempted to find your rest in the approval of others?
- How is trusting in God the bridge to rest? If the foundation of rest is trust, where do you lack trust in God?
- Have you been practicing sabbath keeping?
- How are you practicing self-care in your life?
- Where are your limits? How have you been embracing your limits?
- Do you play? What recreational activities do you engage?