

Contents

Rest in Jesus

1. The Need for Rest in Our Busy Lives— <i>June 26–July 2</i>	4
2. Refusing to Rest— <i>July 3–9</i>	12
3. Why We Refuse to Rest— <i>July 10–16</i>	20
4. How Much Does Real Rest Cost?— <i>July 17–23</i>	28
5. “‘Come to Me . . .’”— <i>July 24–30</i>	36
6. Rest and the Family— <i>July 31–August 6</i>	44
7. Rest, Friendships, and Healing— <i>August 7–13</i>	52
8. Free to Rest— <i>August 14–20</i>	60
9. The Invitation to Rest— <i>August 21–27</i>	68
10. Sabbath Rest— <i>August 28–September 3</i>	76
11. Wanting Much More— <i>September 4–10</i>	84
12. The Runaway Messenger— <i>September 11–17</i>	92
13. Resting in the Promises of Jesus— <i>September 18–24</i>	100

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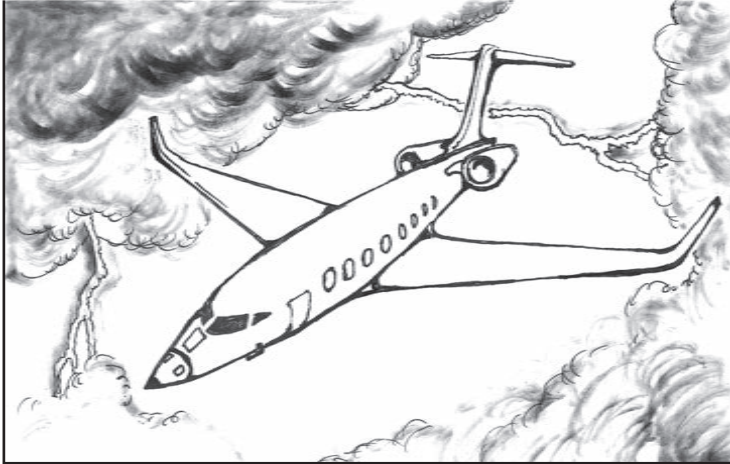
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Introduction



Rest for Busy and Tired People

The airplane flight is going fine until the captain makes a scary announcement. The captain tells the passengers on the plane that they will enter an awful storm soon. The captain warns: “Please put on your seat belts. We are going to have a very rough flight.”

Soon, the plane starts shaking after it enters the storm. Luggage falls out of the overhead bins. The passengers shake with fear. One of the passengers screams. Some people make awful pictures in their minds about a wing breaking off the plane. Maybe their plane will crash to the earth. Everyone on the plane is afraid except for one little girl. She calmly draws a picture on the foldout table in front of her. Sometimes, the little girl looks out the small window at the lightning. But then she calmly goes back to her drawing.

Finally, the plane lands safely. The passengers cheer and clap. They are happy to be safe on the ground again. The little girl waits for the people to leave the plane. One of the passengers asks her why she was not afraid during the storm. How did she stay so calm?

“I was not scared,” the little girl says to the man. The man is very surprised. The little girl explains. “My daddy is the pilot who flew this plane. I knew he was going to get me safely home.”

We are the same as the passengers on this plane. Often we feel fear because we do not know or trust the Pilot, who is our Father in heaven. So, we have no rest. Life on this earth keeps most people busy 24 hours, seven days a week without any rest. That can cause real fear in our lives and makes us very worn and tired. We all fight against fear at times. We worry about what will happen in the future. We wonder if we will be able to meet our deadlines at work. We worry about not having enough money to pay our bills. We are afraid our marriages may not make it through another “storm” or difficult time. We wonder if God can continue to love us, even when we let Him down again and again.

This quarter, we will look at some of these fears. We will learn about real rest in

Jesus. Jesus promises rest to His followers: “ ‘The thief comes only to steal the sheep and to kill them and spoil [destroy] them. I have come so that people may live and that they may enjoy life to the full’ ” (John 10:10, WE).

Rest connects us to so many Bible truths and teachings: rest helps us better understand that God made us and saves us. This topic about resting in Jesus also shows us the mercy of God and His forgiveness. Rest shows us the Sabbath, too. The Bible teaching about resting in Jesus helps us understand better what really happens when we die. Our study on resting in Jesus also helps us learn about the Second Coming and many more wonderful lessons.

Jesus invited His followers to come and get rest from Him (Matthew 11:28). His invitation was not only for His followers. His invitation also is for you and me today. Jesus invites us to accept this precious gift of rest from Him right now. Jesus gives us the invitation to find rest in Him for an important reason. He looked into the future and saw many people who needed rest from their busy lives. As you study the lessons this quarter, remember to come and rest in Jesus. Remember, too, that we have a Father in heaven who loves us. Our Father is in control. He is ready to bring us safely home.

***We feel fear
because we
do not know
or trust the
Pilot, who is
our Father
in heaven.***

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