

The background of the slide is a dimly lit, modern interior. In the foreground, a light-colored, low-profile sofa with several cushions is visible. Above the sofa, two simple, light-colored pendant lamps hang from the ceiling. On the wall behind the sofa, a framed abstract painting is displayed, featuring dark, flowing lines and shapes. The overall atmosphere is calm and contemporary.

Rest and Confess

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1. Be Yourself

Am I being myself:

- With God?**
- With my spouse?**
- With my children?**
- With my family, friends and colleagues?**

2. Rest

Matt 11:25-30 At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; 26 yes, Father, for such was your gracious will. 27 All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to

2. Rest

Matt 11:25-30 - 28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”

3. Confess

James 5:13-20 – 13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. 14Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

3. Confess

James 5:13-20 – 16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. 17 Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth.

3. Confess

James 5:13-20 – 18 Then he prayed again, and heaven gave rain, and the earth bore its fruit. 19 My brothers, if anyone among you wanders from the truth and someone brings him back, 20 let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins.

Prayer Points

- 1) Am I being myself in every situation?
- 2) Do I live life from a place of rest with Jesus?
- 3) Which sin do I need to confess to someone? To whom?