

MESSAGE NOTES



Series: Summer Daze
Message: God in Our Rest
Speaker: Rusty Coram
Date: August 9th, 2026

Rest is for...

³⁰The apostles returned to Jesus from their ministry tour and told him all they had done and taught. ³¹Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. ³²So they left by boat for a quiet place, where they could be alone.

Mark 6:30–32 (NLT)

Jesus endorsed getting rest.

²⁷Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. ²⁸So the Son of Man is Lord, even over the Sabbath!"

Mark 2:27–28 (NLT)

Getting healthy rest will sustain my ability to be productive.

¹...And let us run with endurance the race God has set before us. ²We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

Hebrews 12:1–2a (NLT)

Healthy rest is not "one size fits all".

³⁷"Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven."

Luke 6:37 (NLT)

²He lets me rest in green meadows;
he leads me beside peaceful streams.

³He renews my strength.
He guides me along right paths,
bringing honor to his name.

Psalms 23:2–3 (NLT)

Interruptions should be expected and prayerfully evaluated!

³²So they left by boat for a quiet place, where they could be alone. ³³But many people recognized them and saw them leaving, and people from many towns ran ahead along the shore and got there ahead of them. ³⁴Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them because they were like sheep without a shepherd. So he began teaching them many things.

Mark 6:32–34 (NLT)

TAKE HOME SHEET



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Take a few minutes to review the message notes.

When I think of getting “rest,” what does it look like?

On a scale of 1-10, how am I doing on “getting healthy rest”? Remember that this means getting the rest I need to stay active and faithful to the things God wants me to be active in.

What do I think God sees when He looks at my life and how I manage my time, energy, and abilities?

Looking at the Bible passages in the message, what are some ways I can build healthy rest into my regular daily life? (If you feel that you can’t because the demands on you are too much, please ask someone who is spiritually mature to help you think this through.)

What is one thing I can do this week to take a step toward some healthy rest in my life?