

The image features a dark, textured background with a large, abstract, teal-colored shape on the right side. On the left, there is a vertical strip of a stained glass window with various colored panes (blue, yellow, red, green) and black lead lines. The text "Rest vs Rule" is centered in the upper half of the image.

Rest vs Rule

³ The leading priests and Pharisees had given Judas a contingent of Roman soldiers and Temple guards to accompany him. Now with blazing torches, lanterns, and weapons, they arrived at the olive grove.

John 18:3-6 (NLT)



⁴ Jesus fully realized all that was going to happen to him, so he stepped forward to meet them. “Who are you looking for?” he asked.

⁵ “Jesus the Nazarene,” they replied.

John 18:3-6 (NLT)



“I Am He,” Jesus said. (Judas, who betrayed him, was standing with them.) ⁶ As Jesus said **“I am he,”** they all drew back and **fell to the ground!**

John 18:3-6 (NLT)



**You can build a life of success,
safety, and self-sufficiency—but
you can't achieve the life only
Jesus can give.**



The image features a dark, textured background with a large, abstract, teal-colored shape on the right side. On the left, there is a vertical strip of a stained glass window with various colored panes (blue, yellow, red, green) separated by dark lead lines. Overlaid on the dark background is the text "Adopted into his family." in a white, italicized serif font.

*Adopted into his
family.*

²⁸ Jesus knew that his mission was now finished, and to fulfill Scripture he said, “I am thirsty.” ²⁹ A jar of sour wine was sitting there, so they soaked a sponge in it, put it on a hyssop branch, and held it up to his lips.

John 19:28-30 (NLT)



³⁰ When Jesus had tasted it, he said, “**It is finished!**” Then he bowed his head and gave up his spirit.

John 19:28-30 (NLT)



¹⁵ So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he **adopted you** as his own children. Now we call him, "Abba, Father."

Romans 8: 15-16 (NLT)



¹⁶ For his Spirit joins with our spirit to affirm that we are **God's children**. ¹⁷ And since we are his children, we are his **heirs**.

Romans 8: 15-16 (NLT)



²¹ For God took the sinless Christ and poured into him our sins. Then, in exchange, he poured God's **goodness into us!**

2 Corinthians 5:21 (TLB)



**“In the gospel, the verdict is in
before the performance. You’re
accepted before the trial
begins.”**

Tim Keller



"Abiding in Christ is not a work we have to do as the condition for enjoying His salvation, but the simple acceptance of a place which He has already prepared for us."

Andrew Murray



The image features a dark, textured background. On the left side, there is a vertical strip of a stained glass window with various colored panes (blue, yellow, red, green). On the right side, there are soft, diagonal rays of light in shades of blue and teal. Centered in the dark area is the text "You may have rest." in a white, italicized serif font.

You may have rest.

⁵ The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. ⁶ He is not here; he has risen, just as he said. Come and see the place where he lay.

Matthew 28: 5-10 (NLT)



⁷ Then go quickly and tell his disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see him.’ Now I have told you.”

⁸ So the women hurried away from the tomb, **afraid yet filled with joy**, and ran to tell his disciples.

Matthew 28: 5-10 (NLT)



⁹ Suddenly Jesus met them. **“Greetings,”** he said. They came to him, clasped his feet and worshiped him. ¹⁰ Then Jesus said to them, **“Do not be afraid.** Go and tell my brothers to go to Galilee; there they will see me.”

Matthew 28: 5-10 (NLT)



χαίρω (chairō)

“to rejoice, calm excitement”



²⁸ “Come to me, all you who are weary and burdened, and **I will give you rest.**²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest for your souls.**

Matthew 11: 28-29 (NIV)



Rest:

anapausin (ἀνάπαυσιν)

**Inner rest or Peace while doing what needs
to be done; Peaceful Productivity**



“Rest is whatever refocuses you on the grace, the glory, and the goodness of God.”

Craig Groeshel



**The word Jesus uses for rest—anapausin—it
doesn't mean escape...
it means deep, soul-level renewal.**

**In other words, Jesus isn't offering you a better
version of the life you're building—
He's offering you a completely different kind of life.**

