

Sermon Notes

Psalm 23

Nov 9, 2025

Matthew 11:28-30

Give it a Rest: Forced Sabbath

Pastor Adrienne Ladd

- I. Giving it a rest
 - a. Let's get out those quilts!
 - b. Hobbies
- II. Resisting rest
 - a. Children running from naps
 - b. Expectations
 - c. Workforce culture
- III. Scriptural references on rest
 - a. No praise of hustle!
 - b. God says, "Be still and know that I am God."
 - c. Third Commandment
- IV. Ignoring sabbath
 - a. Interruptions beyond our control
 - b. Pushing beyond our limits
 - c. We are forced to rest
- V. Forced sabbath
 - a. Frustrating at first
 - b. God is working
 - c. The gifts of forced rest
- VI. Psalm 23
 - a. The Lord "makes me lie down."
 - b. Christ is our Good Shepherd
 - c. Matthew 11: 28-30: The yoke of Christ's rest
- VII. Prescription
 - a. More rest
 - b. More fun
 - c. More enjoyment of life!