#### WAYS TO GIVE Text "GIVE GRACE" to (833) 267-4734

On the App Search "GraceFellowshipMN" in your App store

By Mail 8601 101st Ave N, Brooklyn Park, MN 55445

On the Website FindGrace.com

At the Generosity carts at the Worship Center Doors

THANKS FOR YOUR GENEROSITY!

**Last week:** Budget: \$40,000.00 General Giving: \$21,007.00

**Fiscal Year-to-Date:** Budget: \$340,000.00 General Giving: \$294,400.00

# **#1. YOUTH FIRES**

Sun, June 11 from 6:30-8 PM. A night for students who are hungry for more of God. We want to see Him move in our lives and others. Join us for prayer and worship around the fire. Upcoming dates: June 29, July 9 & 30, August 13 & 27.

# **#2. FATHER'S DAY**

Father's Day is coming up NEXT SUNDAY and we have something extra fun planned for all the men. It's a meat raffle! All adult men that come to church that morning will receive a raffle ticket. We will pull winners during each service! Bring your dads and all the men in your life to church on Father's Day!

# **#3. KIDS SUMMER FUN**

Back again this summer - Grace Kids Summer Fun Days! The next event is a trip to the zoo! We will be meeting at Como Zoo on June 21 at 10 AM, find the group at the main gate. Check the website for all the upcoming Summer Fun dates.

# JUNE 11 // WEEK 2 // PASTOR JOE BOYD

## Have you ever been really TIRED?

Rest is vital for better mental health, increased concentration and memory, a healthier immune system, reduced stress, improved mood and even a better metabolism.

## Rest...

Heals our body Reduces stress Boosts creativity Boosts productivity Enhances decision-making

"I know God will not give me anything I can't handle. I just wish He didn't trust me so much." - Mother Teresa

#### Jesus wants us to REST.

Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me–watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly. - Matthew 11:28-30, Message Version

#### In fact, we are commanded to rest.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. - Hebrews 4:9-11

#### If we don't work, we are lazy.

If we don't rest, we are disobedient.

## Am I leading on empty?

**Dream Zone** is where leaders are filled with vision, passion, and enthusiasm for the work entrusted to them. It is a place of inspiration and divine calling.

**Drained Zone** is a place of weariness, exhaustion, and discouragement. As leaders, we may find ourselves pouring into others, constantly giving without receiving.

**Danger Zone** is a place of burnout, cynicism, and compromised leadership. Our ability to make wise decisions and positively impact those we lead diminishes significantly.

#### Does God have a Divine Design for Rest?

By the seventh day, God had finished the work He had been doing; so, on the seventh day, He rested from all His work. - Genesis 2:2

"One of the greatest lessons I'm learning (and yes, I am still learning it) is that rest is not sin." - Wayne Cordeiro, Author - Leading on Empty

## How do we rest after stressful events?

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers." And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.

And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God. - 1 Kings 19:4-8

"Leading on empty is like trying to drive a car without fuel. Take time to refuel your mind, body, and spirit to lead at your best." - Wayne Cordeiro, Author - Leading on Empty

#### What were the Restful Rhythms of Jesus?

But Jesus often withdrew to lonely places and prayed. - Luke 5:16

"Solitude is a chosen separation for refining your soul. Isolation is what you crave when you neglect the first." -Wayne Cordeiro, Author - Leading on Empty

Then He said to them, "The Sabbath was made for man, not man for the Sabbath. - Mark 2:27