



General Overseer: Cassandra O. Harley

**THE PROMISED REST**  
**Hebrews 4:1-3**

**1** Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it.

**2** For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it.

**3** For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.

***Rest by Speaking Faith***

***Rest defined as - An object that is used to support something***

Fri	1	Hebrews 3:1-19 Psalm 95:10-11	So we see that they could not enter in because of unbelief. Forty years long was I grieved with this generation, and said, It is a people that do err in their heart, and they have not known my ways. Unto whom I sware in my wrath that they should not enter into my rest.
Sat	2	Philippians 2:13	For it is God which worketh in you both to will and to do of his good pleasure.
Sun	3	1 Kings 8:56	Blessed be the Lord, that hath given rest unto his people Israel, according to all that he promised: there hath not failed one word of all his good promise, which he promised by the hand of Moses his servant.
Mon	4	Mark 9:23-25	Jesus said unto him, If thou canst believe, all things are possible to him that believeth.
Tues	5	Luke 1:38 Matthew 9:29	And Mary said, Behold the handmaid of the Lord; be it unto me according to thy word. And the angel departed from her. Then touched he their eyes, saying, According to your faith be it unto you.
Wed	6	Hebrews 4:11	Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.
Thur	7	Romans 10:17	So then faith cometh by hearing, and hearing by the word of God.
Fri	8	Ephesians 4:29 Matthew 12:37	Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. For by your words you will be justified, and by your words you will be condemned.
Sat	9	Ezekiel 34:15	I will feed my flock, and I will cause them to lie down, saith the Lord God.



***Rest by Surrendering  
Your Will***

***Rest defined as - An interval of silence of a specified duration***

Sun	10	Jeremiah 6:16	Thus saith the Lord, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. But they said, We will not walk therein.
Mon	11	Isaiah 40:29-31	But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.
Tues	12	Isaiah 30:15	For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.
Wed	13	Genesis 2:2	And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.
		Exodus 23:12	Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed.
Thur	14	John 14:6 & 27	Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.
Fri	15	James 4:7	Submit yourselves therefore to God. Resist the devil, and he will flee from you.
		Matthew 16:24;	Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.
		Proverbs 3:5-6	Trust in the Lord with all thine heart; and lean not unto thine own understanding
Sat	16	Psalms 116:7	Return unto thy rest, O my soul; for the Lord hath dealt bountifully with thee.
Sun	17	Psalms 46:10	Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.



***Rest by - Release Your  
Burdens/Cast your Care***

***Rest defined as - Ceasing work or movement in order to relax,  
refresh oneself, or recover strength/Ceasing to engage in  
strenuous or stressful activities***

Sun	18	1 Chronicles 23:25	For David said, The Lord God of Israel hath given rest unto his people, that they may dwell in Jerusalem for ever:
Mon	19	Exodus 33:14	And he said, My presence shall go with thee, and I will give thee rest.
Tues	20	Hebrews 2:1-18	Thou hast put all things in subjection under his feet. For in that he put all in subjection under him, he left nothing that is not put under him. But now we see not yet all things put under him.
Wed	21	Isaiah 14:3	And it shall come to pass in the day that the Lord shall give thee rest from thy sorrow, and from thy fear, and from the hard bondage wherein thou wast made to serve,
Thur	22	Isaiah 28:12	To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear.
		Exodus 16:23	And he said unto them, This is that which the Lord hath said, To morrow is the rest of the holy sabbath unto the Lord: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.
Fri	23	Isaiah 57:1-2	He shall enter into peace: they shall rest in their beds, each one walking in his uprightness.
Sat	24	Matthew 11:28-30	Come unto me, all ye that labour and are heavy laden, and I will give you rest.
Sun	25	2 Chronicles 6:41	Now therefore arise, O Lord God, into thy resting place, thou, and the ark of thy strength: let thy priests, O Lord God, be clothed with salvation, and let thy saints rejoice in goodness.



***Rest by - Finding Hope***

***Rest defined as - To be based on or grounded/depend on***

Sun	26	Psalm 23:1-2	The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters.
Mon	27	Psalm 4:8	I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.
Tues	28	Psalm 62:1	Truly my soul waiteth upon God: from him cometh my salvation.
Wed	29	Psalm 91:1-2	He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.
Thur	30	Romans 5:1	Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

***Rest - Knowing You are Loved***

***REST - To be placed or supported so as to stay in a specified position***

Fri	31	1 John 4:18	There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.
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