

**“The Grace Pursuit (3-3): Rest in Grace – Worry-Free Living”**  
(Matt 11:28-30; Mark 4:35-41; Psalm 46)

**Are you Living a Worry-Free Life?**

**Jesus’ Two-fold Grace Invitation to *Rest* (Matt 11:28-30)**

**Today: *Knowledge and Faith*, and the Role of *Faith*  
in Finding *Rest* in Jesus and Living a “Worry-free Life”**

**I. Illustrations of *Faith, Knowledge and Rest***

**A. *Rest* in the Storm (Mark 4:35-41): Disciples did not *Know* Jesus Enough to *Believe* what He said**

**B. *Rest* in times of Trouble (Ps 46; 2 Kings 18-19): “*Be Still*, and *Know* that I am God”**

***Knowing* who God is, there’s no need to *Agonize/Worry* when one faces *Trouble*; he can *Trust* Him to meet his needs, and can have *Perfect Rest***

**II. *Faith, Knowledge* and “*Pursuing Grace, Pursuing Jesus*”**

**A. *Faith and Knowing/Experiencing Jesus* (1 Peter 1:23, 2:2-3)**

**B. *Growing – Pursuing*: Grace drives the Believer to...**

***Desire/Pursue Greater Knowledge* of the Word  *Transforms into Deeper Experiential Knowledge* of the Savior  *Strengthens Faith***

**C. “*Worry-Free Life*”: A Changed *Perspective of Life***

**Continue to *Pursue* God, His Kingdom, His Interest, because you *Know*:  
In God’s Appointed Time, “God will help her at break of day”. That’s *Rest*!**

**Reflection: *Yoking* involves a Journey, and *Learning/Discipleship* is a Process...**

- Be Patient
- Earnestness in *Pursuing Jesus and Grace* Shapes your *Experiential Knowledge* of Christ; and *Experience* with Christ Builds up your *Faith*

**“*Be Still, Cease Striving*; and *Know* that God is God”:  
Through *Worry-Free Living*,  
Exalt/Glorify God by Enjoying Him Forever!**