



Real  
Rest

## Matthew 12:1-8 (NIV-UK)

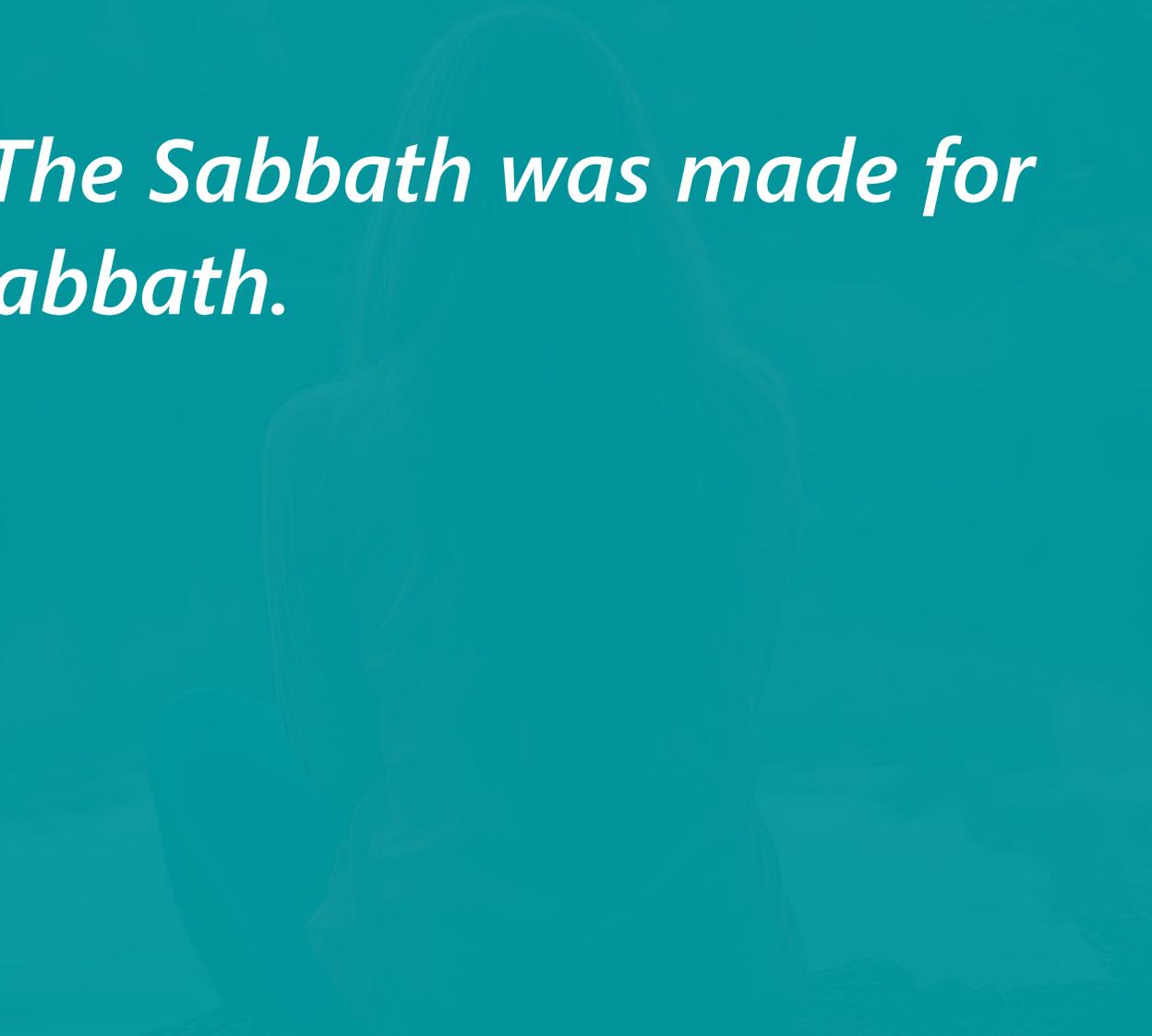
*At that time Jesus went through the cornfields on the Sabbath. His disciples were hungry and began to pick some ears of corn and eat them. <sup>2</sup> When the Pharisees saw this, they said to him, 'Look! Your disciples are doing what is unlawful on the Sabbath.'*

## Matthew 12:1-8 (NIV-UK)

*<sup>3</sup> He answered, 'Haven't you read what David did when he and his companions were hungry? <sup>4</sup> He entered the house of God, and he and his companions ate the consecrated bread – which was not lawful for them to do, but only for the priests. <sup>5</sup> Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? <sup>6</sup> I tell you that something greater than the temple is here. <sup>7</sup> If you had known what these words mean, "I desire mercy, not sacrifice,"<sup>[a]</sup> you would not have condemned the innocent. <sup>8</sup> For the Son of Man is Lord of the Sabbath.'*

**Mark 2:27 (NIV-UK)**

*Then he said to them, 'The Sabbath was made for man, not man for the Sabbath.'*



## Matthew 11:28-30 (NIV-UK)

*<sup>28</sup> 'Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light.'*

## Matthew 11:25-27 (NIV-UK)

*<sup>25</sup> At that time Jesus said, 'I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. <sup>26</sup> Yes, Father, for this is what you were pleased to do.*

*<sup>27</sup> 'All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.*

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**Jeremiah 6:1 (NIV-UK)**

*'Flee for safety, people of Benjamin!*

*Flee from Jerusalem!*

*Sound the trumpet in Tekoa!*

*Raise the signal over Beth Hakkerem!*

*For disaster looms out of the north,  
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## Jeremiah 6:16 (NIV-UK)

<sup>16</sup> This is what the Lord says:

'Stand at the crossroads and look;  
ask for the ancient paths,  
ask where the good way is, and walk in it,  
and you will find rest for your souls.  
But you said, "We will not walk in it."

There is a place of quiet rest,  
Near to the heart of God,  
A place where sin cannot molest,  
Near to the heart of God.

*O Jesus, blest Redeemer,  
Sent from the heart of God,  
Hold us, who wait before Thee,  
Near to the heart of God.*

Words & Music: Cleland Boyd McAfee (1866-1944)