

# TALK NOTES

Name:

## PART 3

### One Thing:

I Will \_\_\_\_\_ In  
God.

### Key Points:

- God designed us to need \_\_\_\_\_.
- What are ways we can restore our rest?
- Just like with tithing, we should trust God with our \_\_\_\_\_.
- Jesus provided 5,000 people with what they needed, which was:



## PART 3

# PERSONAL GROWTH

**When was a time that you acted poorly or made a bad choice because you were tired? How might the situation have changed if you were rested?**

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**How does your attitude change when you feel tired?  
How does your productivity change?**

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**Has God ever surprised you with something that you needed when you didn't expect it? What is something you need to ask God to provide for you right now?**

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