



# MEMORIAL DAY

## For the **REST** of Your Life

May 28, 2023 • Dr. Stephen Trammell, Executive Pastor (9:15a, 11a & The5) • Mark 6:30-34

▶ **R**espond to Jesus' \_\_\_\_\_ . Mark 6:30-31

- If you don't learn to \_\_\_\_\_, you will \_\_\_\_\_.

▶ **E**mbrace the \_\_\_\_\_ that recalibrates your \_\_\_\_\_. Mark 6:32

- Create \_\_\_\_\_.
- Pace yourself.
- Cultivate replenishing \_\_\_\_\_.

▶ **S**erve others from the \_\_\_\_\_ of rest. Mark 6:33-34

- Rest expands your \_\_\_\_\_ to extend ministry to others.
- Align with God's \_\_\_\_\_.

**R** \_\_\_\_\_ & Rhythm

**E** Eating & \_\_\_\_\_

**S** \_\_\_\_\_ & Sabbath (daily, weekly, annually)

**T** Technology & \_\_\_\_\_

▶ **T**reasure the **REST** that \_\_\_\_\_ alone \_\_\_\_\_. Matt. 11:28-30

## Online Options

Our worship services are available online each Sunday at 9:15a, 11a, and 5p at [HoustonsFirst.org](http://HoustonsFirst.org) and [YouTube.com/HoustonsFirst](http://YouTube.com/HoustonsFirst).



HOUSTON'S FIRST  
BAPTIST CHURCH