

NEW HERE?



We'd love to get you connected!

Our Next Large Group Event:

Agios Challenge

August 23 | 3-8 pm
Church



Sign up for a LifeGroup



If your family serves or attends a learning community during the 9 a.m. service and your student is not yet ready to serve, you may register them for our Student Sunday School class (grades 7-12)



STUDENT SERMON NOTES


June 28, 2026

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CAFE CONNECTION

Join us in the Student Cafe from 10:15 - 10:40 a.m. every Sunday for snacks, games, and connection between services!

At West Shore, we believe students benefit most on Sunday mornings from consistently worshipping with the whole body of Believers and learning to serve with the Spirit's Gifts.



INTERACT WITH THE TEXT

Circle repeated words, underline important phrases, and draw arrows to connecting ideas.



Psalm 43:3-4

³Send out your light and your truth;

let them lead me;

let them bring me to your holy hill

and to your dwelling!

⁴Then I will go to the altar of God,

to God my exceeding joy,

and I will praise you with the lyre,

O God, my God.

ANALYZE THE TEXT

Write what you don't want to forget.



Main Point: Four considerations for developing sustainable rhythms of rest

1. **Cease:**

2. **Commit:**

3. **Celebrate:**

4. **Connect:**

UNDERSTAND THE TEXT

Read definitions of important words and concepts.



“...your holy hill” - *This refers to Mount Zion in Jerusalem. The temple, where God's presence was most fully expressed, was located on a mount in the city. Hills/mountains also held special significance in the Old Testament as places where people met with God. For example, Moses met with God on Mount Sinai.*

APPLY THE TEXT

Ask these questions in the car ride home.



What is 1 thing you want to remember from this sermon?

Are there any “next steps” God might be calling you towards? Explain.