

# SERMON NOTES

*June 28, 2026*

## The Rhythms of Rest

Psalm 43:3-4 | Ian Campbell

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**Main Point:** Four considerations for developing sustainable rhythms of rest

1. **Cease:**

2. **Commit:**

3. **Celebrate:**

4. **Connect:**

# APPLYING GOD'S WORD (For LifeGroups)

LifeGroups are a place to commit to Christ-Centered relationships and grow in our faith together. Learn more at [westshorefree.org/lifegroups](http://westshorefree.org/lifegroups).

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## ***LifeGroup Discussion Questions:***

1. What makes it hard for you to pull away from your work?
2. What rhythms of rest do you currently have that are working well?  
Share one.
3. Is there anything in your current family life that you would want to change to create more margin for quality time together?
4. If you could have a half day with God, how would you use it?
5. Based on the memory verse from Psalm 27:4, how would gazing upon the beauty of the LORD give you rest?

## ***B.L.E.S.S. Question of the Week:***

*What is something you enjoy and find restful that you could invite a neighbor to join you in doing together?*

## **Memory Verse:**

“One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.” - **Psalm 27:4**

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