

# Who Are You?

Finding the true you.



## ***Get Some Rest***

Matthew 11:28: "Come to me, all you who are weary and burdened, and I will give you rest."

John 5:16,17: "So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. <sup>17</sup> In his defense Jesus said to them, 'My Father is always at his work to this very day, and I too am working.'"

### **Remember to meditate**

Psalms 118:1: "Give thanks to the LORD, for he is good; His love endures forever."

### **Engage in praise**

Psalms 121:1-4: "I lift up my eyes to the mountains—where does my help come from? <sup>2</sup> My help comes from the LORD, the Maker of heaven and earth. <sup>3</sup> He will not let your foot slip—he who watches over you will not slumber; <sup>4</sup> indeed, he who watches over Israel will neither slumber nor sleep."

Joshua 23:1: "...the LORD had given Israel rest from all their enemies around them..."

### **Make your move**

Ezekiel 11:19,2: "I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh. <sup>20</sup> Then they will follow my decrees and be careful to keep my laws. They will be my people, and I will be their God."