

**‘Come to me, all of you who are tired and have heavy loads. I will give you rest.’**

(Matthew 11:28 *ICB*)

**‘I go to bed and sleep in peace. Lord, only you keep me safe.’**

(Psalm 4:8 *ICB*)

**‘This shows that the seventh-day rest for God’s people is still coming. For anyone who enters and has God’s rest will rest from his work as God did.’**

(Hebrews 4:9-10 *ICB*)

**‘Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God’s peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.’**

(Philippians 4:6-7 *ICB*)

**‘You, Lord, give true peace. You give peace to those who depend on you. You give peace to those who trust you.’**

(Isaiah 26:3 *ICB*)

**‘It is no use for you to get up early and stay up late, working for a living. The Lord gives sleep to those he loves.’**

(Psalm 127:2 *ICB*)

**‘By the seventh day God finished the work he had been doing. So on the seventh day he rested from all his work. God blessed the seventh day and made it a holy day. He made it holy because on that day he rested. He rested from all the work he had done in creating the world.’**

(Genesis 2:2-3 *ICB*)

**‘Remember to keep the Sabbath as a holy day. You may work and get everything done during six days each week. But the seventh day is a day of rest to honour the Lord your God. On that day no one may do any work: not you, your son or daughter, or your men or women slaves. Neither your animals nor the foreigners living in your cities may work.’**

*(Exodus 20:8-10 ICB)*

**‘I will give rest and strength to those who are weak and tired.’**

*(Jeremiah 31:25 ICB)*

**‘He gives me rest in green pastures.**

**He leads me to calm water.  
He gives me new strength.  
For the good of his name,  
he leads me on paths that are right.’**

*(Psalm 23:2-3 ICB)*

**‘Crowds of people were coming and going. Jesus and his followers did not even have time to eat. He said to them, “Come with me. We will go to a quiet place to be alone. There we will get some rest.”’**

*(Mark 6:31 ICB)*

**‘I leave you peace. My peace I give you. I do not give it to you as the world does. So don’t let your hearts be troubled. Don’t be afraid.’**

*(John 14:27 ICB)*