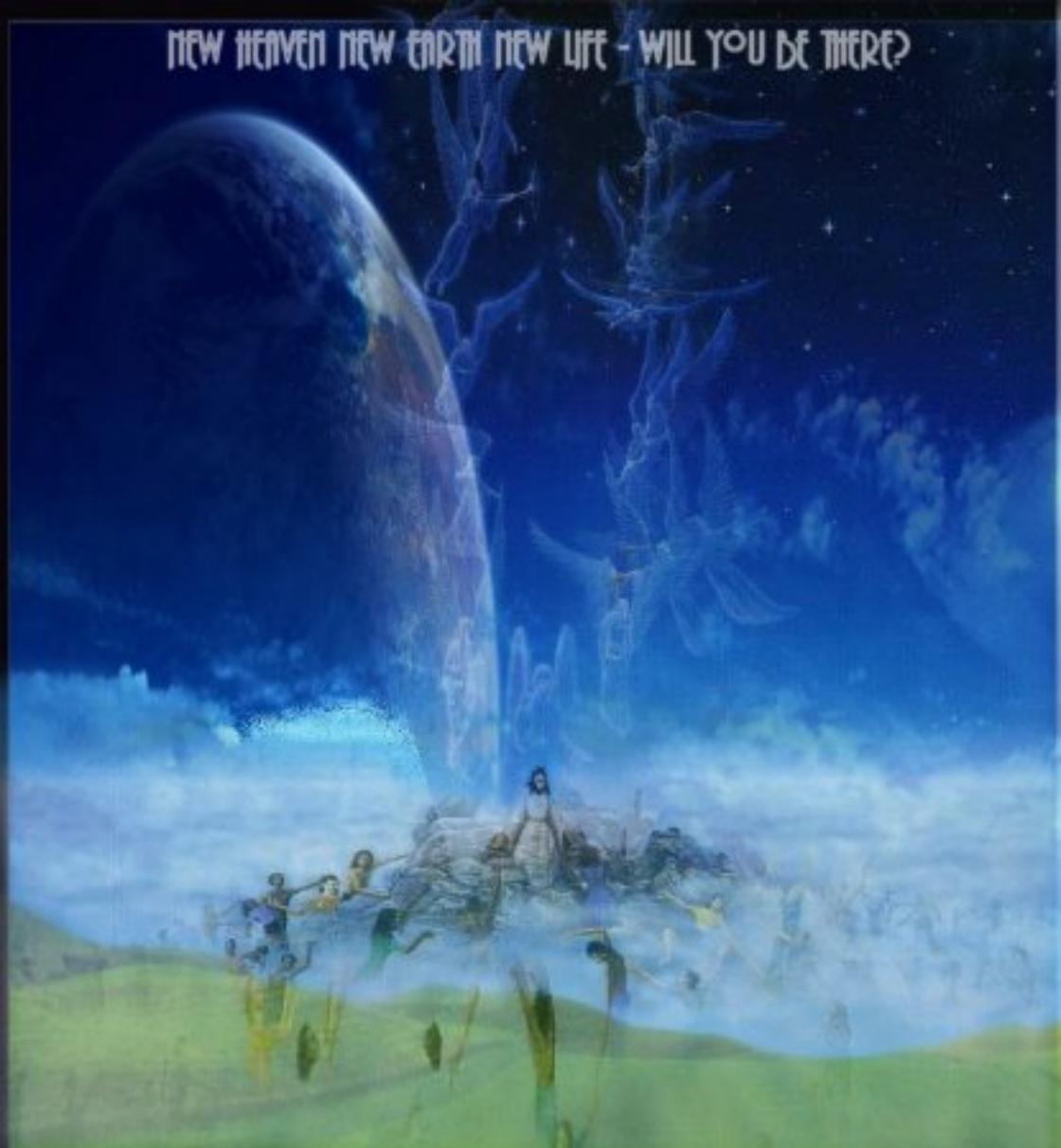


NEW HEAVEN NEW EARTH NEW LIFE - WILL YOU BE THERE?



COME AND REST WITH ME

KEITH HAMMOND — A LESSONS FOR LIFE BOOK —



Introduction

Jesus gives everyone the opportunity to rest in Him.

In Matthew 11:28 He says, 'Come Unto Me, all you who are labored and heavy laden, and I will give you rest.'

He teaches us to take his yoke and learn from Him, for He is gentle and humble in heart, and we will find rest for our souls.

His yoke is easy and His burden is light.

Come and Rest also teaches how to get rest by changing what we concentrate and stress over the most.

The vast majority of the things we stress over, has absolutely no bearing on whether or not we make it to Heaven.

The “things of this world” are designed to keep Christians distracted by taking up most of our time, stressing us out over co-workers, supervisors, clients, customers, and other folks getting on your last nerve, not to mention how often we think about making enough money to pay bills, keep the lights on, gas in the car, car note paid, rent or mortgage paid, insurance premiums up to date, credit card minimum balance sent in, food on the table, clothes on our back, hair done, makeup intact, the cutest outfit, and the latest electronic gadgets, kids in line, school fees taken care of, etc.,

WOW!

I could seriously go on and on with that list, but I hope by now you get the picture.

Out of that brief list, not one thing on it has any bearing on us making it to Heaven, but we spend most or all of our time stressing over them.



Introduction...

Jesus did not get up off His throne, leave His home in Heaven, come to earth, teach, preach, heal, suffer and die, for us to spend all our time, stressed out with, by, and for, things of this world.

The devil knows that if he can keep us stressed out and distracted over all this worldly stuff, we will never have time to do anything but come to church once or twice a week, and rarely if ever make time to help try and win souls for God.

So, now that you've heard the truth, let's discuss what to do about taking your life back from being stressed over the things that have absolutely nothing to do with us making it to Heaven to rest in the loving, and waiting arms of God.



Chapter One
Stress Causes Unrest

Chapter Two
No Balance, No Benefit

Chapter Three
Unseen Not Seen

Chapter Four
Patience Is Truly A Virtue

Chapter Five
Needs Not Wants

Chapter Six
Intended Not Impulsive

Chapter Seven
In The World Not Of The World

Chapter Eight
Changes And Challenges



Chapter One
Stress Causes Unrest

Let's take a look at a few things that cause stress.

- Working to pay bills
- Schooling to get better educated
- Not enough money
- Too much money
- Unruly children
- Quarrelsome spouse

Look at this list. Name one thing on this list that has anything to do with us getting to Heaven.

There are no bills in Heaven. Jesus already paid the price for every debt we've ever and would ever owe.

There's no schooling in Heaven. There's a tree whose very essence and fruit contain knowledge of good and evil.

There's no money in Heaven. People fall in love with money. The Bible says it's a root of all evil. Since there is no evil in Heaven, there will be no money for people to be tempted to fall in love with.

There are no unruly children in Heaven. God already solved that problem by kicking satan and those who thought and acted like unruly children, out of Heaven.

There are no spouses in Heaven. The Bible says that we will neither marry nor be given in marriage because there will be no males nor females to lust after.

Knowing the things on this list have absolutely no bearing on Christians going to Jesus and finding rest in Heaven, why do we still stress over them?

Let's look at how we can overcome these and dozens more other stresses...
one by one.



Brother Keith Hammond

ABOUT THE AUTHOR:

Keith Hammond is a born again Christian. He is a Spirit-led man of God, teacher and author. His life has been transformed from things such as pride and prison to passion and purpose.

God is the author of the Bible. It is our instruction manual, our roadmap home. Without it, we are lost. Use the information in these books to help you and others.

God destroys the darkness behind us, to direct us toward our destiny ahead. So whatever you do on your journey, never turn back. God bless you in your walk with Christ. Amen.

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