

**Your Battles/My Battles  
Part 5**

“Like money, social media is a great servant, but a horrible master.”

**BIG IDEA:**

**I will find rest for my soul when I break free from all the parts of life that seek to master me, instead of Jesus.**

*I have the right to do anything but I will not be mastered by anything. 1 Corinthians 6:12*

“Nomophobia”

**We have an inability to shut it down**

**Christ in me is bigger than any addiction in me**

*For there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. Hebrews 4:9-11*

*Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me for I am gentle and humble at heart, and you will find rest for your souls. Matthew 11:28-29*

**HOW DO WE FIND REST IN GOD**

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*Be still and know that I am God. Psalm 46:10*

*I have stilled and quieted my soul. Psalm 131:2*

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*A wise man thinks ahead but a fool doesn't and even brags about it. Proverbs 13:16*

*This is what the Lord says: 'Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel it's path, and you will find rest for your souls. Jeremiah 6:16*