



To rest, we need to believe in the middle.

1. Walk with Jesus in the middle, not just the beginning and end. (14)
2. Start fresh and renewed every day. (15)

“Today” offers a fresh moment in your life and history. Decisions to trust the Lord from this moment forward reveal belief (leading to rest in His care) or unbelief (leading to stress and wandering).

3. Hearing and seeing isn't believing. (16-19)
 - The Israelites heard but they didn't keep trusting.
 - They saw, but did not believe.

We have heard the Gospel. We have seen God's provision in our lives.

- Do we keep believing He will deliver on His promises?

How does this apply to me?



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