

Rest

Life demands so much of us — family, ministry, work, relationships — and often leaves us weary, stretched thin, and longing for more than just a nap or a getaway. But the true rest our souls crave isn't found in a vacation, a cleared calendar, or checking one more thing off the list.

True rest is found in Jesus.

This message will walk women into the heart of God's promise: a Sabbath-rest that goes beyond circumstances. We'll explore what Scripture says about rest, why unbelief and control keep us from it, and how to embrace the easy yoke of Jesus. Through teaching, worship, and community, women will learn to stop striving, let go of burdens, and experience the deep soul-rest that only Christ can give.

Sessions

1. What is God's Rest
2. We enter rest through faith; unbelief robs us of it.
3. We enter rest through the easy yoke of Jesus; control keeps us from it.
4. We enter rest through worship and delight; distractions blind us to it

Primary Scriptures

Hebrews 3-4, Matthew 11:28-30, Genesis 2-3, Exodus 13-17

Jamie Canter is a seminary graduate and Bible teacher who has been teaching God's Word to women for more than 20 years. She currently serves on the Women's Ministry team at Parkway Bible Church and works as a corporate Learning & Development Manager, where teaching and equipping adults is not just her passion—it's her full-time calling.

Known for her humor, clarity, and gospel-centered teaching, Jamie brings biblical truth to life in a way that is both relatable and practical. Over the years, Jamie has served the local church in various roles, including Women's Ministry Director, Bible Study Coordinator, and Children's Ministry Director. She is the author of **But God: Seeing God's Faithfulness**, a Bible study on the lives of Jacob, Joseph, and Judah.

Jamie resides in Austin and has been joyfully married to her husband Greg for almost 30 years. They have three kids—Maddie, Cole, and Jake and recently became empty nesters. She resides in Austin, but is available for speaking engagements locally and nationally.



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