

DAILY DEVOTIONS

Day 1: Finding Rest in God's Grace

Reading: Exodus 20:8-11, Matthew 11:28-30

God's command to remember the Sabbath is more than just a rule—it's an invitation to rest in His grace. Just as God rested on the seventh day of creation, He calls us to set aside time for physical, mental, and spiritual renewal. Jesus further emphasizes this by inviting us to come to Him for rest. Today, reflect on areas of your life where you may be overworking or striving in your own strength. Consider practical ways to incorporate regular "Sabbath moments" into your week, even if it's just a few minutes each day to be still and know that He is God.

Day 2: The Holiness of God and Our Daily Lives

Reading: Isaiah 6:1-8, 1 Peter 1:15-16

The sermon highlights holiness as God's most frequently mentioned attribute in the Bible. This holiness sets Him apart as different and perfect. As His children, we're called to reflect His holiness in our daily lives. Isaiah's vision of God's holiness led to a profound awareness of his own sinfulness and a willingness to serve. Similarly, Peter encourages believers to be holy in all they do. Today, prayerfully examine your life. Are there areas where you've become too comfortable with the world's standards rather than God's holiness? Ask the Holy Spirit to reveal any attitudes or actions that don't align with God's character, and seek His strength to live a life that reflects His holiness in your home, workplace, and community.

Day 3: Work as Worship

Reading: Colossians 3:23-24, Genesis 2:15

God ordained work before sin entered the world, showing its inherent value. The apostle Paul encourages us to work as though working for the Lord, transforming our daily tasks into acts of worship. This perspective shifts our focus from mere career advancement or financial gain to glorifying God through our efforts. Today, consider your work or daily responsibilities. How can you approach them with a spirit of worship? Whether you're a student, parent, employee, or retiree, ask God to help you see your tasks through His eyes. Look for opportunities to reflect His character in your work ethic, interactions with others, and the quality of your output. Remember, when done with the right heart, your work becomes a powerful testimony of your faith.

Day 4: Freedom in Christ

Reading: Galatians 5:1, 13-14, Romans 14:5-6

The sermon discusses how Jesus fulfilled the law, bringing us into a new covenant of grace. This doesn't negate God's moral standards but frees us from legalistic observance. Paul emphasizes this freedom in Christ, urging us not to use it as an excuse for self-indulgence but as an opportunity to serve one another in love. Regarding observances like the Sabbath, we're given freedom to decide how best to honor God. Today, reflect on areas where you might be imposing unnecessary religious rules on yourself or others. How can you embrace the freedom Christ offers while still honoring God with your choices? Ask God for wisdom to discern between essential matters of faith and areas where grace allows for personal conviction.

Day 5: Balancing Rest and Worship

Reading: Hebrews 10:24-25, Psalm 46:10

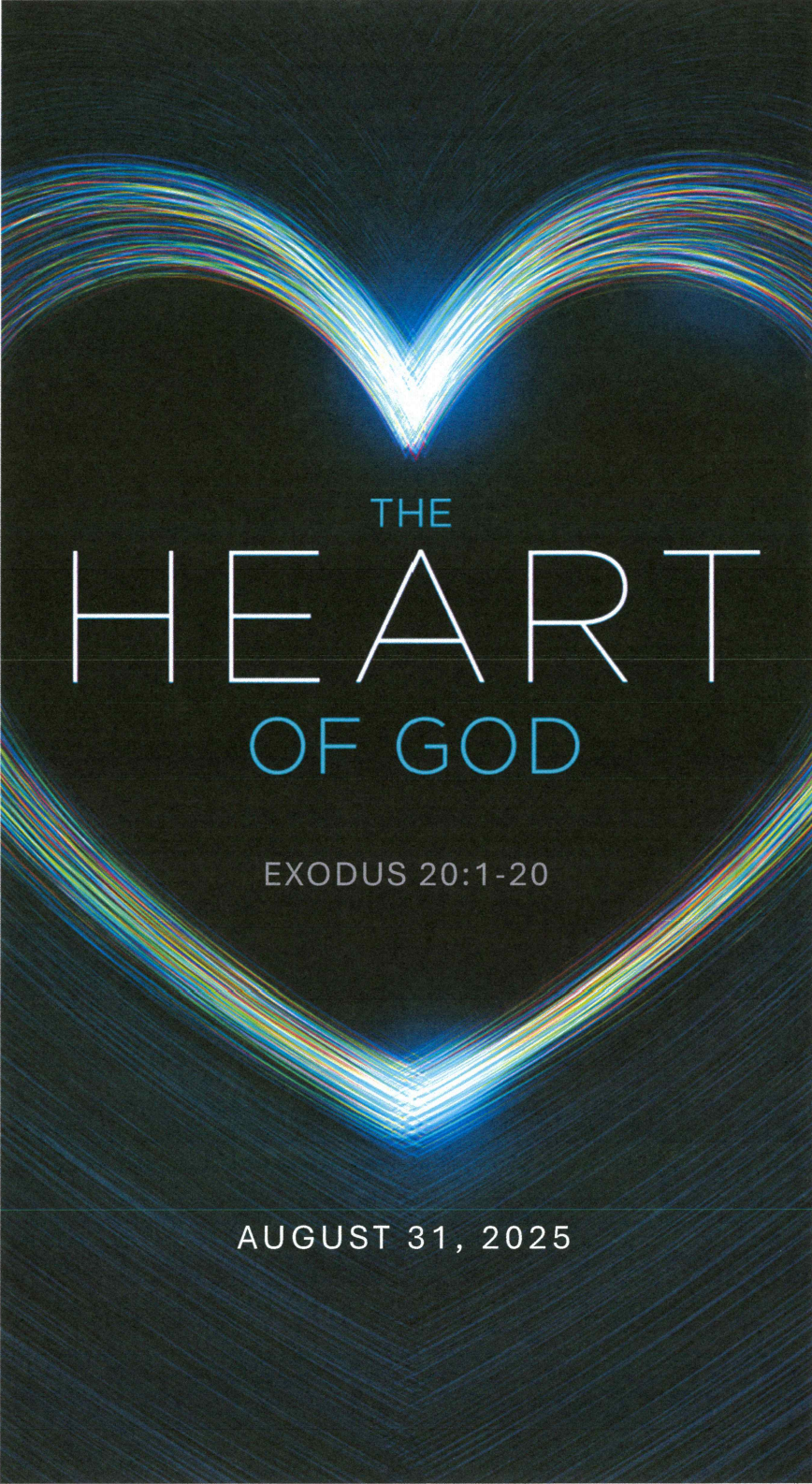
While rest is crucial for our wellbeing, the sermon emphasizes the importance of not neglecting corporate worship. The early church gathered on Sundays to celebrate Christ's resurrection, and we're encouraged to continue this practice of meeting together. At the same time, we're reminded of the value of quiet moments alone with God. Today, consider your approach to both rest and corporate worship. Are you making time for both? If you've been neglecting gathering with other believers, what steps can you take to prioritize this? If you've been so busy with church activities that you've neglected personal rest and quiet time with God, how can you create space for this? Pray for God's guidance in finding a healthy balance that nurtures your faith and allows you to encourage others in theirs.

DEACONS ON CALL

John Harris and Jason Swann

SCHEDULED EVENTS

- **WORSHIP:** Sundays at 9:45 AM
- **SMALL GROUPS:** Sundays at 11 AM
- **DEEP DIVE:** Wednesdays at Noon & 6:45 PM
- **FIRST KIDS:** Wednesdays at 5:30 PM
- **FIRST YOUTH:** Wednesdays at 5:30 PM



Chill Out! / Exodus 20:8-11

In our fast-paced, always-on world, the concept of rest seems almost foreign. We're constantly bombarded with notifications, deadlines, and the pressure to be productive. But what if taking a break isn't just a luxury, but a divine mandate? Let's explore the often misunderstood concept of sabbath and how it applies to our lives today.

I. What Does “Sabbath” Mean?

- 1. Sabbath means “_____.”
- 2. Watch out for the twin idols of _____ and _____.
- 3. Which day doesn’t _____.
- a. Everything changed when _____ came!
- b. Every Sunday is a celebration of the _____!

c. Jesus is our _____.

II. How Do I Keep the Sabbath Holy?

- 1. Rest the _____.
- 2. Recharge the _____.
- 3. Include time for _____.
- 4. On the Lord’s Day, we celebrate His resurrection _____.

Scripture References (In order of use): Genesis 2:15; Colossians 3:23; Exodus 20:10; Genesis 2:2; Acts 2:7; Matthew 5:17; Matthew 11:28-30; Colossians 2:16-17; Romans 14:5; Mark 2:27; Psalm 127:2; Psalm 23:2; Psalm 46:10; Hebrews 10:25
Referenced Works: The Treasury of Scripture Knowledge (Canne, Browne, Blayney, Scott); Be Delivered (Warren Wiersbe); Ten Values that Build Strong Families (Rick Warren); Exodus (John Mackay); The Message of Exodus (Alec J. Motyer); Exodus (Peter Enns); Exodus & Leviticus (B. H. Carroll)

DISCUSSION QUESTIONS

- 1. What does "taking a day off" mean to you? How often do you intentionally rest from your regular work?
- 2. Read **Exodus 20:8-11**. Is there anything from the sermon you would like to discuss?
- 3. How does the concept of making the Sabbath "holy" or "different" challenge your current approach to rest?
- 4. Patrick mentioned the twin idols of career and comfort. Which one do you tend to struggle with more? How does this impact your view of rest?
- 5. How does understanding Jesus as our Sabbath change your perspective on rest and work?
- 6. What are some practical ways you can "keep the Sabbath holy" in your current life situation?
- 7. Discuss the four practical applications mentioned in the sermon: Which of these do you find most challenging to implement? Why?
- 8. How can we balance the need for personal rest with the importance of gathering together for worship?
- 9. Have you updated your OIKOS list lately? Who on your list can we pray for today?

PRACTICAL APPLICATIONS

- This week, intentionally set aside a day (or part of a day) for rest. Reflect on how it impacts your physical, mental, and spiritual well-being.
- Evaluate your weekly schedule. Are there areas where you're overworking or being lazy? How can you create a healthier rhythm of work and rest?
- Plan a restful activity with family or friends that allows you to recharge and connect.
- Practice intentional quietness and stillness before God this week, even if it's just for 5-10 minutes.