

Rest, Sleep & Rhythms of Sabbath

November 10, 2024

Genesis 2:3 NLT "And God blessed the seventh day and declared it holy, because it was the **day when he rested** from all his work of creation."

Our first day of existence as human beings was a day of rest!

Exodus 16:23 NLT "...This is what the Lord commanded: Tomorrow will be a day of complete rest, **a holy Sabbath day** set apart for the Lord..."

Sabbath (shabbat) ; rest, ceasing from work

Exodus 20:8 NLT "Remember to observe the Sabbath day by keeping it holy."

Mark 2:27 NLT "Then Jesus said to them, "**The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.**"

*God has given us **a rhythm of rest for our benefit.**
Will we lay down our pride & **receive his gift of rest?***

Mark 4:35-41 - Jesus sleeps during the storm vs.38 ESV "But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?"

Matthew 11:28-30 "Then Jesus said, "**Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ... Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.** For my yoke is easy to bear, and the burden I give you is light."

Let's discipline our lives to have a healthy pattern of sleep this week!

Ask God to help you discern the things to say "no" to.

NEXT STEPS **Week 2 Today during the Message** Learn more about our church and how to get connected through this four week class offered during the message portion of our service in Classroom 2. Today we will be talking about what it means to be on a team, in a group, and living outward.

GIVE TO MISSIONS **Help us meet our goals** Fill out a missions pledge card or scan the QR code to pledge toward one or more of our international partners!



this week...

CROSS CURRENT **Tonight at 6pm** 7th-12th graders gather weekly at the church for an evening just for them.

MOMCO **Thursday at 10am and 6:00pm** All moms are invited to join our moms group at either 10am or 6pm (or both) every other Thursday here at the church.

coming up...

COLLECTING WINTER ITEMS **Drop off by December 2nd** Massena Central Schools are collecting winter coats, ski pants, scarves, gloves, and boots for those in need. You can bring them here and hang them on the rack in the lobby.

BRIDGE **November 21st at 6pm** Our group for 5th-7th graders gathers every other Thursday here at the church.

MOMCO THANKSGIVING MEAL **November 21st at 6pm** Our moms group is hosting a potluck for moms to gather and build relationship before jumping into Thanksgiving week. RSVP to Meghan VanAcker.

ALL 4 ONE RUN **November 22nd-23rd** All The annual run to raise awareness for those children awaiting adoption is coming up and you can register for a leg or order merch at jessicahurlbut.com

CHRISTMAS FAMILY PARTY **December 6th at 6pm** Mark your calendars for Christmas party with fun for all ages as well as a time to create, pray and give to others in our community.

NYC MISSIONS TRIP **December 6th-8th** This holiday season we will be headed back to NYC with the New York School of Urban Ministry with their annual Christmas outreach. It is a great way to step out for God! The cost is \$325/person and you can apply through the link on our website or talk to Julie Cardinal.

Open the ChurchCenter App or scan the QR Code to register for an Upcoming Event, sign up for a class or find a Group to Connect to

