



SUNDAY SERMON SERIES November 9-23

GIVE IT A REST!

**JOIN US FOR ONLINE
OR IN-PERSON WORSHIP**

8:45 a.m. Traditional (Sanctuary)
10:00 a.m. The Bridge (Christ Chapel)
11:00 a.m. Contemporary (Sanctuary)

Overview: The number of people who work over 40 hours a week is staggering. The number of vacation hours unused is unbelievable. The pride that some people have of being busy is simply arrogant. The Bible says, "Give it a rest." First introduced in Creation and later reaffirmed during the Exodus was this concept of the Sabbath; a day to rejuvenate, reflect, reconnect. In short, a day of rest.

Week 1 • Forced Sabbath

Psalm 23; Matthew 11:28-30 (NIV)

There are times in our lives that we are forced to rest. Covid was a forced Sabbath. Post-surgery recovery is a forced Sabbath. Unemployment can be a forced Sabbath. Instead of twiddling our thumbs, how does God use these periods of forced Sabbath to get our attention, redirect our priorities and give it a rest?

Week 2 • The WHY

Genesis 1:28-2:3 (NRSV); Matthew 11:28-30 (NRSV)
Innovative companies don't start with the WHAT; they start with the WHY. When we talk about the Sabbath, we begin not in a legalistic manner of what I can or cannot do, but rather we start with the WHY? Why do we even take that time to rest?

Week 3 • Restoration

Exodus 20 (NRSV); Luke 5:12-16 (NRSV)

The Sabbath is certainly to reconnect with God and with one another, but it is also for me. I need to rest. It is in that rest that my soul is restored so that I can be of use for others. If Jesus needed that time apart to rest, how much more do I need the same amount of rest?



CHRISTLUTHERAN
providence | online

christelca.org/online-study-guide

