

“The Christian Work Ethic: What is rest Biblically?” (Part 2)

Matthew 11:28-30

“You have made us for Yourself, and our heart is restless until it rests in You.” — *Augustine*

- Rest 101:
 - Restfulness is not weakness, it is wisdom.
 - God commands work and rest.
 - Restfulness is scheduled and prepared for.
 - Restlessness forgets our need for God in everything we do.
 - We do not naturally find rest in worship, we find it in worldliness.
 - Biblical rest requires prioritizing God and knowing the promises of God.
 - Rest is enjoying God so that we can enjoy one another and His good gifts for His glory.
- God's Design for Rest:
 - “Remember the Sabbath day, to keep it holy (set apart). Six days you shall labor, and do all your work, but the seventh day (1 in 7) is a **Sabbath to the LORD your God** (rest in Him). On it you shall not do any work...” (Exodus 20:8-9)
 - “Above all you shall keep My Sabbaths (days of rest), for this is a sign between Me and you throughout your generations, that you may know that **I, the LORD, sanctify you** (It is God's work that makes us holy, not ours).” (Exodus 31:13b)
 - “See! **The LORD has given you the Sabbath** (a day of rest); therefore on the sixth day **He gives you bread for two days** (celebrating God's provision)....so the people rested on the seventh day.” (Exodus 16:29-30)
 - “Whoever does any work on the Sabbath day (whoever doesn't rest in the work of God) **shall be put to death.**” (Exodus 31:15b)
- Matthew 11:28-30: *Jesus is our rest and the reason we can rest physically, emotionally, and spiritually.*
 - There is a kind of labor that leaves us heavy laden. All laboring apart from God leaves us weary and heavy laden and eventually brings death.
 - There is a kind of labor that flows from having rest for our souls. A kind of work that is easy and light. It is His strength not ours.
 - “For this is the love of God, that we keep His commandments. And His commandments are not burdensome.” (1 John 5:3)
- Biblical Rest:
 - “It is in vain that you rise up early and go late to rest, eating the bread of **anxious toil**; for He gives to His beloved sleep.” (Psalm 127:2)
 - “**Sweet is the sleep of a laborer**, whether he eats little or much, but the full stomach of the rich will not let him sleep.” (Ecclesiastes 5:12)
 - “If you lie down, you will not be afraid; when you lie down, **your sleep will be sweet**. Do not be afraid of sudden terror or of the ruin of the wicked, when it comes, for **the LORD will be your confidence** and will keep your foot from being caught.” (Proverbs 3:24-26)
 - “In peace I will both lie down and sleep; **for You alone, O LORD, make me dwell in safety.**” (Psalm 4:8)
 - “You keep him in perfect peace **whose mind is stayed on You**, because he trusts You.” (Isaiah 26:3)

Worship: God Is For Us — *CityAlight*

So I Will Trust You — *Sovereign Grace Music*

In Tenderness — *The Sing Team*

Closing Song: Closing Song: It Is Well With My Soul — *Various Artists*

Service Times: Sundays: Sunday School 9/Prayer 9:45a/Church 10:30a; Tuesdays: Bible Study — Women 6:30p/Men 7p; Thursdays: Prayer 6:20p/Church 7p

Announcements:

★**DONATIONS:** Each October, we, as a church body, collect monetary donations for the Senior Pastor in recognition of Pastor Appreciation Month. Monetary donations are encouraged to be given directly to Pastor Jeremy's personal Venmo account (please see the October Newsletter for his Venmo information) or make checks payable directly to Pastor Jeremy. Additionally, we invite you all to submit notes or cards expressing appreciation, which will be presented to Pastor Jeremy by the end of October. Individuals who wish to provide additional gifts to the Senior Pastor or other church staff may do so directly, outside of the organized church collection. If you have any questions about this collection, please see one of the Elders.

★**FELLOWSHIP LUNCH:** We are having a Fellowship Lunch TODAY, immediately following the worship service. EVERYONE is invited to stay to enjoy the food and the fellowship with us.

★**BAPTISM SERVICE:** Our next Baptism Service is NEXT Sunday, October 12th. If you are interested in being baptized or having any questions about baptisms, please see Pastor Jeremy, Pastor Zach, Elder Richard, Elder Jake, or Elder Mike.

★**CHURCH NIGHT OF PRAYER:** Our monthly Church Night of Prayer is NEXT Sunday, October 12th, from 5:30-7pm. During this prayer time we will be praying for specific prayer requests within the church body. Please consider joining us for a portion of this time or for the full time of prayer.

★**HARVEST PARTY/CHILI COOK-OFF:** Mark your calendars and plan on attending our upcoming Harvest Party on Saturday, October 18th, starting at 5pm, here at the church! This will be an evening of fun for the whole family! There will be games and activities for the kids and a Chili Cook-Off for the adults!

★ ★ **CANDY COLLECTION:** We are doing a candy collection to help supply candy for this event. Please bring in individually wrapped, snack-sized bags of candy and put the candy in the tote at the back of the sanctuary. ***NEXT Sunday is the LAST day for this collection!***

★**VOLUNTEERS NEEDED:** The Children's Ministry is in need of ***FOUR*** volunteers! If you are a Church Member and are interested in or have questions about serving in the Children's Ministry, please see Katie Sapp.

★**MEMBERS' MEETING:** We will be having a Members' Meeting on Sunday, October 26th, immediately following the worship service. At this meeting we will have a time of discussion for the proposed By-Law addition, as well as presenting the 2026 Church Budget. We will not be voting at this meeting, voting on these items will take place at the November Members' Meeting. This is an important meeting, if you are a Church Member, we encourage you to please mark your calendars and plan on attending this meeting. This is an open meeting, meaning that even if you are not a Church Member, you are allowed to sit in as an observer for the meeting.

★**LEGACY PRACTICUM:** Legacy Practicum's next course will be "(Soteriology) - Salvation and the Christian Life" and begins on October 27th, from 6:00-9:00pm each Monday evening in the Fellowship Hall. It will be a nine week course studying all of what God did and what we did to receive Salvation from God through Jesus Christ our Lord and Saviour. For more information about this course, please see the October Newsletter. If you are interested in participating in this course, please let Elder Richard know so that he can prepare a syllabus for you!