

RHYTHMS OF SABBATH REST

SEPTEMBER 1, 2019 | AARON CLOUD

Key Question

How do we navigate the hectic pace of life well?

Sabbath

A sacred time to CEASE from work & invest PURPOSEFULLY in resting & reflecting on who GOD is.

The Current of Culture

What I do
What I have
What others say

Produce
Possess
Perform

Observation

PURSUIING depth, meaning, & purpose apart from God results in RESTLESSNESS.

Challenge

ENOUGH is never ENOUGH.

Cultural Correction

We need to integrate the SABBATH as soul care into our concept of SELF-CARE.

Rhythm of Sabbath

• Rest

- We can rest, TRUSTING that God provides.
- We rest following God's EXAMPLE.
- Sabbath rest: CULTIVATES dependency & breaks an independent disposition.

• Remembrance

- REFLECT on who God is & what he has done for us.
- REORIENTS our life.

• Resistance & reorientation

- I am more than what I PRODUCE, what I POSSESS, or how I

• Relational gathering

- I am created for RELATIONSHIP with God & others.

Reflection

What does the RHYTHM of Sabbath look like in your life?

THE BIG 3

THREE THINGS YOU NEED TO KNOW

FALL SERMON SERIES & GROWTH GROUPS

The Battle Within

Sunday, September 8

Our emphasis as a church this year has been on growing in grace, seeking wisdom from God to live in such a way that we glorify Him. This Fall our sermon series will be on Romans 6-8 & many of our groups will be digging deeper into these chapters. There will also be groups focused on other parts of the Bible or studying topics such as prayer or how to be good stewards of our finances.

Growth Groups: Sunday, September 8 (various times & locations - take a look at today's insert to see how you can get involved)

MINISTRY KICK-OFF DATES

Oasis (college & young adults): Kick-Off Event on Sunday, September 8 starting at 6 p.m. with worship at 8 p.m.

GSM (grades 6-12): Wednesday, September 11 - 6 p.m. to 7:45 p.m.

KidsPoint (preschool-grade 5): Wednesday, September 11 - 6:30 to 7:30 p.m.

CELEBRATE RECOVERY

Starting in September, Celebrate Recovery Brookings is seeking committed volunteers to help kids (13 & under) learn the recovery principles their parents/caretakers will be learning. Please consider supporting this Christ-centered 12-step recovery ministry for our community, by helping us provide kids' ministry during Thursday evening meetings! Email Pastor Serenity Miller at smiller@gracepointwesleyan.org for info.

