

The Sabbath's Rest

Ben Lees

Genesis 2:2-3

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

How the Hebrews Practiced the Sabbath

- If anyone worked on the Sabbath they would be put to death - Exodus 20:10
- Therefore you could not buy goods
- You were not permitted to travel on the sabbath
- However, you were permitted to travel to the tabernacle or the temple - Leviticus 23:3

How the Hebrews Practiced the Sabbath

- As Time went on they took a pragmatic approach
- The read into Joshua 3:4-5 - talked about traveling 2000 cubits to 'your place'

Jesus on the Sabbath

- Mark 2:23-28 - The Sabbath is made for man, not man for the Sabbath
- Luke 13:10-17 - Jesus heals a woman

Paul's view on special days

- Colossians 2:16 - 17 - Let no one judge you on new moons, or Sabbaths
- Romans 14:5-6 - One person esteems a specific day another sees them all alike

Through The Centuries

- 18th - 20th Centuries - We became quite legalistic about the Sabbath
- 21st Century - Busy vs Active, Available access 24/7

Did we develop a practice that missed the heart of what God did

God Rested



Questions to Ponder

- How do you rest, how do you ‘unplug’?
- Do you do it as a habit or is it as and when you can?
- Should you make a change?

Craig Wood
God's Word in our lives

Andrea Lowndes
The Place of Prayer in our walk

- **Why?**

- The earnest prayer of a righteous person has great power and produces wonderful results. *James 5:16*

- **When and Where?**

- Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. *Mark 1:35*

- **Who?**

- Believers, enemies, Kings and those in authority, the sick

- **What?**

- We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. *Rom 8:26.*
- And pray in the Spirit on all occasions with all kinds of prayers and requests. *Eph 6:18*

- **How?**

- “If you believe, you will receive whatever you ask for in prayer.” *Matt 21:22*
 - “Lord teach us to pray..” *Luke 11:1*

Sue Wood
The Need for Fellowship

Fellowship

The song says it all ... “You've got a friend in me!”

This should be our commitment to one another; life is hard and lonely for many people ... our hope and love for Jesus should bring us closer as we seek to build his church.

Because we are called to do so!

Hebrews 10:25 *The Passion Translation (TPT)*

25 This is not the time to pull away and neglect meeting together, as some have formed the habit of doing, **because we need each other! In fact, we should come together even more frequently, eager to encourage and urge each other onward** as we anticipate that day dawning.

What does it actually mean to fellowship?

FELLOW

Friends all kinds ... all shapes and sizes we support each other

Enjoying yes having fun is okay!

Living doing life ... making time for the big and the small things - they all matter

Loving *takes an effort sometimes, but its worth it!*
with

Others ... you and me!

Wholeheartedly being real and available

SHIP

- same boat / ship
- same direction
- same objectives and aims as the ship sets sail
- **together**

The Challenge ...

- In fellowship, we engage in common activities of worship, study and prayer, celebration and service, with other disciples.
- It can be done in large gatherings or small groups, but the members of the body must be in contact if they are to sustain and be sustained by each other – do not neglect to meet together!
- There is a reciprocal nature to life in the body and the gifts of the Holy Spirit are given through the body as a whole to be administered to and for each other

- **The challenge for us all...**
 - Challenge - who are you fellowshiping with?
 - Who are your friends?
 - Can you make some more friends today?
 - Can you spot someone who needs a friend and befriend them?

Ben Lees Confession

James 5:16

Confess *your* trespasses to one another, and pray for one another, that you may be healed.

Confession, what do we mean?

- This is not about a routine or a habitual practice *only*
- Just like the Sabbath's rest there is a heart behind this
- It is to acknowledge my sin, and seek help in overcoming it.
- Confession often leads to repentance, and repentance is a gift

What can we get caught *only* talking about

- Our struggles with balancing life
- How busy and tired we are
- What needs doing at home and work

Questions to Ponder

- How do you ‘feel’ about sharing your *trespasses* with one another
- Do we need to right an imbalance
- Would you find someone you can share some of your more deeper struggles with?