

## REST, RECREATION, AND RELAXATION

Exodus 20.8-11, 34.20

### WHAT IS SABBATH REST?

Exodus 20.8-11, 34.20

IN the Old Testament, the Sabbath was a day the Lord specifically designed in the Hebrew week so that they would get proper rest; a day of corporate worship, rest, recreation, feasting, and enjoyment of others in a way that brings God glory. Though Christ fulfilled the Law, the New Testament shows us that the new "Sabbath day of rest" was transferred to Sunday, the day Jesus rose, and became the day that the church would enjoy their Sabbath rest with each other.

Mark 2.27

**The Sabbath is a gift to us, but also a test for us.  
A test to trust God's work more than our own.**

### TRUSTING HIM MORE THAN OURSELVES

Somewhere along the road, something happened to Sabbath rest. Rest became luxury, Sunday became just another day, and church life, corporate worship, and commitment to the body became optional. Priorities need reset.

**Rest:** Sleep is a dedicated time we trust the Lord. We are literally helpless, and sleep reminds us that we are not God. It says to ourselves and God, "I'm not You, so I trust you. My world will be okay without me." Don't be tied to your work in a way that it prevents you from God's wisdom and desires for you to rest, particularly in the context of corporate worship and spiritual refreshment. Making the hard choice to rest in a busy, demanding life is choosing to trust God for His sovereign provision.

Matthew 16.26 // Hebrews 10.24, 25

**Recreation:** Though recreation and relaxation alone won't bring you ultimate joy, they can be used by God to relieve tension, stress, and a clouded heart. When that pathway is cleared, it allows a straight path for the Gospel.

### JESUS, OUR TRUE SABBATH REST

Matthew 11.28-30 // Isaiah 40.28-31

We do not have to keep the Law because Christ fulfilled it all. The way we truly keep the Sabbath is by resting in Him. *Every day* we can find Sabbath rest when we look to Him, and He graciously gives us wise means to help us prioritize for the purpose of our joy and satisfaction in Him.

Hebrews 4.9-13



## NOTES:

### This Week's Scripture to Memorize:

**1 John 4:10**

In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

### Will You Pray With Us?

Follow along with our daily prayer requests by downloading the **PrayerMate App**, available on both **iOS** and **Android** phones. Go to our website for detailed instructions on how to subscribe to the app to be praying with us daily, as well as reading through our **2 Year Bible Reading Plan**.

## ARE YOU NEW HERE?

### WELCOME TO LIFE MISSION CHURCH!

We'd LOVE for you to fill out the green **Connection Card** on your seat to let us know you were here today. You can drop it in the offering at the end of service or take it to one of our teammates in a **Green Shirt** at the **Connection Booth** outside - we'd love to give you some welcome information. Feel free to grab some food or coffee out in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

### SERVING OPPORTUNITIES

If you've ever taken your child to one of our **Kids on Mission** classes, or enjoyed a cup of coffee after service, chances are there was a faithful servant behind each of those examples. Serving is one of the **most fun & rewarding ways we experience community** with our church family! **Fill out a connection card** to learn about the serving opportunities available today.

### COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You'll forge friendships, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won't regret it!

### GIVING

**Gospel-centered generosity** is motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call **Life Mission** your home, you can place your gift in the offering baskets at the end of service, give online at [lifemissionchurch.com/blog/give](http://lifemissionchurch.com/blog/give) or mail a check to our PO Box. Thank you so much!

### KIDS ON MISSION

Our **Kids on Mission** ministry has classes for **newborns - 5th grade**. Visit our website to read more about the vision and plan we have for our kids, including Pastor Jobey's heart for the ministry and his walkthrough of our curriculum. For questions about KOM email **Katie McGinty** at [katie@lifemission.tv](mailto:katie@lifemission.tv)

### JUNIOR HIGH STUDENTS

Our **6th - 8th graders** worship with the adults and then head to the junior high room with their teacher and classmates for the rest of service.

### HIGH SCHOOL STUDENTS

Our **9th - 12th graders** stay in the service because we believe that it is critical for them to not "graduate the faith" when they graduate school. Our **High School Ministry meets on Thursday Nights @7PM at Casey & Amy Barnes Home in San Marcos**. For directions and/or questions about our student ministries, contact **Casey Barnes** at [casey@lifemission.tv](mailto:casey@lifemission.tv).



## VISION: WHY DO WE EXIST?

We want to see God's glory known among the nations, to the least, last, and lost.

## MISSION: WHAT DO WE NEED TO DO?

We need to make disciples who make disciples locally and globally, who are saved, equipped, and sent by the Gospel.

## STRATEGY: HOW WILL WE DO IT?

By teaching people how to be rooted in the Gospel of God's glory through the Word of God, Prayer, and Gospel Community.

## CONTACT US:

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[Facebook.com/LifeMissionChurch](https://www.facebook.com/LifeMissionChurch)  
Twitter: @YourLifeMission  
[YouTube.com/LifeMissionTV](https://www.youtube.com/LifeMissionTV)

## COMMUNITY GROUP HOMEWORK

Before group, see if anyone can recite this week's memory verse. **1 John 4:10**

Read **Exodus 20:8-11** and **34:20**. What was most impactful from the sermon on Sunday or stuck out to you in these verses? \_\_\_\_\_

Read **John 15:4** and **Psalms 95:2-3**. What distractions or busyness in life are keeping you away from coming to Jesus in awe, wonder and amazement? What is a great antidote to busyness and distractions? \_\_\_\_\_

Read **Luke 38-42**. How do you relate to Martha, who was so distracted with busyness that she missed the main point of simply worshipping, abiding and spending time at the feet of Jesus? \_\_\_\_\_

Read **Matthew 11:28-30**. Speaking of verse 28, Pastor Matt Chandler says Jesus is saying, "Hey, if you're exhausted, if you're bitter, if you're lonely, if you're angry, if you struggle, if you are socially inept, if you have no people skills, if you can't figure it out, come here. If you are tired, weary, come here. Are you a train wreck? Come here. Are you broken? Are you stuck in lust? Angry? Fearful? Get over here. What an invitation!" And then there is an exchange: Jesus says, "come to me, even with your (fill in the blank) and I'll give you rest." What or who do you "go to" for rest for your weary soul? Does it give you life? Does it refresh you? \_\_\_\_\_

On Sunday Pastor Jobey said that a hobby should provide a means for you to unwind and relax from the activities that otherwise consume your time and dominate your mind. Think through your hobbies, answer the following questions:

- Does your hobby feed your soul with God exalting experiences?
- Are you being enlightened and empowered for Christ, or are you becoming more in love with the world and the hobby itself for the hobby's sake?
- Does it refresh you emotionally, etc., for other parts of life and ministry?
- Or does it deplete you and take away from the more important things?
- Are you involving others in it? What is the purpose of this hobby?
- What do you gain from it? Can you thank God for it and can you confidently say, "I can do this for the glory of God"?

End group and your personal study time with prayer. Pray using the **P.R.A.Y.** model. **Preach** the Gospel, reminding one another of the beauty of Jesus, who gives ultimate joy and happiness to those who seek Him. Confess and **Repent** of any sin blocking you from experiencing joy. Then **Ask** for the Holy Spirit, who is your Helper and with you to continue to increase your joy. Ask Him to help you turn to prayer more, the Word more and your Gospel-centered friends. Lastly, **Yield**, with thanksgiving.



**Making Disciples Who Make Disciples Locally and Globally,  
Who are Saved, Equipped, and Sent by the Gospel.**



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Exodus 20.8-11, 34.20 // June 5, 2016

**SUNDAYS AT 10AM**

Life Mission Church Meets at Classical Academy High School  
207 E Pennsylvania Ave, Escondido 92025