



What Rest Really Means

Having spent the last two weeks on holiday, I thought a little about rest and the meaning of Sabbath. Here is an extract from an article by Delina Pryce McPhaull, which I trust you'll find helpful.

God bless, Peter.



When we view the Old Testament through the lens of the New Testament, we see how sacrifices, feasts, rituals, and even people like Moses pointed forward to Jesus. For example, the Israelites had miraculous manna from heaven that they depended on for survival. Generations later, as the story was passed down, those hearing Jesus describe himself as the “true bread from heaven” and “the bread of life” understood the reference. The Word became flesh.

The Sabbath is no exception to this pattern. "Jesus came to flesh out the full meaning of this law," says Craig Blomberg, professor of New Testament at Denver Seminary. “What jumps out at me is that Jesus is the one who provides the rest. And he provides it as we turn to him, 24/7.”

The idea of Sabbath-like rest through faith in Jesus, described in Hebrews 3 and 4, and the rest in Jesus that the Old Testament Sabbath foreshadowed, mentioned in Colossians 2, resonates with me. For more than 30 years, my week was bookended by “the Sabbath.” Observance was one of my religious community’s non-negotiables. It was what Jewish scholar Abraham Joshua Heschel called “a palace in time.” I can understand how some are attracted to Sabbath practices.

But I knew the work involved in preparing to rest. And from experience, I knew a weekly day of rest would not eliminate busyness, or a restless heart. The cure for those things was found in resting in Jesus. What could be sweeter than having “a palace in time” full time? That’s what rest in Jesus is about. It’s not about a day. Jesus is the oasis of rest in spite of the relentless madness happening around me. No matter who you are, you will experience a heavy burden and weary soul. Whether it’s a financial burden, racial or religious oppression, failing health or a chronically ailing body, or all of the above at the same time, struggle will call your number. It is precisely in the midst of our weariness that Jesus offers us his yoke—the opportunity to be tethered to him.

When we rest in him, we don’t have to protect our reputation as a “good person” or pretend to have our act together. True rest brings an attitude of openness, growth, and grace. In resting, we refuse to believe the lie that he is withholding from you—a child, a promotion, a cure—because of something you did in the past. You refuse to believe that your troubles were a result of not praying enough in the right way.

For me, Sabbath-like rest now means operating out of the sense that I am accepted and forgiven. It is confidence in God’s love and protection and guidance. This type of security cannot be manufactured by doing. It is a gift. Believers in Jesus, whether or not you honour a holy day, must define Sabbath primarily as resting in Jesus. Anyone can take a day off. We have the privilege of experiencing the *incarnation* of Sabbath. Let’s not miss it.

Our Sunday Service:

Please join us (online!) for our Sunday Service. Go to Exwick Community Church's Youtube Channel, and find the Service for today. We'll gather at 11 am to 'share' as a family together. You can then sing along to the songs on the video, words below!

VERSE OF THE WEEK:

*He upholds the cause of the oppressed
and gives food to the hungry.
The LORD sets prisoners free.*

Psalm 146:7



Sometimes the battles we face in our daily Christian lives seem just too hard.

During my working life I had a boss who openly told me he hated me because I was a Christian. One day as I was leaving work to go on my two-week holiday, he called me into the office and informed me there would be no job for me when I got back as he was persuading higher management to outsource my job.

I left with a heavy heart; the children were small. Halfway home I stopped, and started to pray. I told the Lord, "This battle is too hard for me." I reminded the Lord of 2 Corinthians 20 v 15: *The battle is mine says the Lord.* "Lord fight this battle for me."

We had a great holiday on the Isle of Wight; I just kept reminding God it was now his battle.

Near the end of our holiday I got a call from my workmate. "You won't believe it," he said. Last week the accounts department decided to look into why my boss was spending so much company money. This morning he was escorted out of the building with all his things in two black sacks, plus his company car has been taken from him. "Your job is safe."

We have a God who will fight for us, when others mean us harm.

God bless
John & Dorcas.

Put **Sunday 5th July** into your diaries: we will be having a **Church Members Meeting!**

(via Zoom) Members will receive an Agenda soon. If you are not online, you will still be able to contribute. Keep an eye out for an email or letter!



Sunday Worship Songs

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BEAUTY FOR BROKENNESS

Hope for despair
Lord in Your suff'ring world this is our prayer
Bread for the children justice joy peace
Sunrise to sunset your kingdom increase

Shelter for fragile lives cures for their ills
Work for the craftsmen trade for their skills
Land for the dispossessed rights for the weak
Voices to plead the cause of those who can't speak

*CHORUS: God of the poor friend of the weak
Give us compassion we pray
Melt our cold hearts let tears fall like rain
Come change our love from a spark to a flame*

Refuge from cruel wars havens from fear
Cities for sanctu'ry freedoms to share
Peace to the killing fields scorched earth to green
Christ for the bitterness his cross for the pain

Rest for the ravaged earth oceans and streams
Plundered and poisoned our future our dreams
Lord end our madness carelessness greed
Make us content with the things that we need

Lighten our darkness breathe on this flame
Until Your justice burns brightly again
Until the nations learn of Your ways
Seek Your salvation and bring You their praise

Graham Kendrick © 1993 Make Way Music

THERE'S A PLACE WHERE THE STREETS SHINE

With the glory of the Lamb
There's a way we can go there
We can live there beyond time

*PRE-CHORUS: Because of You because of You
Because of Your love because of Your blood*

No more pain no more sadness
No more suff'ring no more tears
No more sin no more sickness
No injustice no more death

*CHORUS: All our sins are washed away
And we can live forever
Now we have this hope because of You
Oh we'll see You face to face
And we will dance together
In the city of our God because of You*

There is joy everlasting
There is gladness there is peace
There is wine ever flowing
There's a wedding there's a feast

Paul Oakley © 1995 Thankyou Music

WHO CAN SOUND THE DEPTHS OF SORROW

In the Father heart of God
For the children we've rejected
For the lives so deeply scarred
And each light that we've extinguished
Has brought darkness to our land
Upon our nation upon our nation have mercy Lord

We have scorned the truth You gave us
We have bowed to other lords
We have sacrificed the children on the altar of our gods
O let truth again shine on us let Your holy fear descend
Upon our nation upon our nation have mercy Lord

Who can stand before Your anger
Who can face Your piercing eyes
For You love the weak and helpless
And You hear the victims' cries
Yes You are a God of justice
And Your judgement surely comes
Upon our nation upon our nation have mercy Lord

Who will stand against the violence
Who will comfort those who mourn
In an age of cruel rejection who will build for love a home
Come and shake us into action
Come and melt our hearts of stone
Upon Your people upon Your people have mercy Lord

Who can sound the depths of mercy
In the Father heart of God
For there is a Man of sorrows
Who for sinners shed His blood
He can heal the wounds of nations
He can wash the guilty clean
Because of Jesus because of Jesus have mercy Lord

Graham Kendrick © 1988 Make Way Music

PLEASE CONTINUE TO PRAY FOR:

Hilary and Jimmy, John, Ena and Bunty, John and Jessie, Bill and Carol, Ann, Roger and Jonathan, Leigh B., the Colgates, victims of discrimination, and those caught in cycles of discrimination.



Friday Friendship online!

Join in on Fridays at 10am for 40 minutes of chat over a cuppa (make your own!). You will need to download the Zoom app onto your smart phone/tablet or computer. Go to Google apps or direct to www.zoom.us. Enter the Meeting ID: 738 8875 6789 and Password: 8FrDCW. We hope to see you there!