

Sabbath is simply “ceasing”. Ceasing to act, ceasing to work, and ceasing to be in control. Sabbath opens doors for an individual to stop moving and start worshipping. At the core of the call to Sabbath is a call to worship. Failure to worship has its roots in failure to Sabbath and failure to Sabbath is at its core a weakened and anemic view of the sovereignty of God. Over the course of the GOSPEL REST teaching series we will look at what the Sabbath is, why it’s important, and what practicing and neglecting it will do in the life of the believer.

Failure to acknowledge God in Gospel Rest will result in the believer suffering fatigue, stress, being overworked, and overwhelmed. Men were never intended to bear their burdens alone and by trying to do so they operate outside of the Creator’s intent. Jesus’ offer and promise is a higher and better way of living.

Repentance is the answer here. Culture cries out for men and women to live independently and to accomplish tasks and projects alone. Jesus’ way couldn’t be further from this truth. The heart of Gospel Rest is to not only find identity and rest in Jesus God, but also to come to a place of recognition of position. Jesus is strong, so we can be weak. Jesus has completed the work, so we are free to cease. No person is more important or more necessary than Jesus. Dealing with *Fatal Fatigue* will either come to an end in Jesus or a life built on a false understanding of the Gospel will ensue.

Taken from *The Message*

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me-watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Growth Questions for 7/31/11 – 8/7/11

1. What insight, principle, or observation from this weekend’s message did you find most helpful, eye-opening, troubling?
2. Are you tired? Worn out? Burned out on religion? How have you been dealing with it?
3. What is the first thought that comes to mind when you hear the word “rest”?
4. Jesus calls all who are weary and burdened to come to him for rest. He could have just said one word or the other, but he said both. Why is this important? What is the difference between being weary and being burdened?
5. “The way to teach a young ox how to plow is to attach him to an older, experienced one. What’s interesting is that by himself the young ox won’t go too slow, but will go too fast and work himself to death. The older ox has to teach him to slow down and share the load.” Can you think of anything in your life that has caused you needless stress because you’re trying to go faster than Jesus?

Important Dates

- 7/31/11 Gospel Rest Teaching Series Continues
- 7/31/11 Thailand Team Report
- 8/7/11 Acts 29 Sunday
- 8/14/11 Community Groups Kick Off
- 8/14/11 Executive Pastor Begins
- Weekly Summer Movie Express – Tuesdays/Wednesdays
- September Groups/Volunteer Expo

SUMMER TEACHING SESSION - Each summer The Church at Martinsburg hosts a teaching session through the summer months as community groups take a break over June, July, and part of August. This summer we will be offering The Gospel Rest Study, The Gospel Centered Life, and Christian Beliefs lead by Denise Dorminy. Visit www.martinsburgchurch.org for more information.