

WEEK 2

Can you work overtime today?

MY SHIFT?

WILL YOU COACH THE TEAM?

Can you help?

Can you

CAN YOU HOST

NO
November

Pastor Kyle Chamberlain | Nov. 12th, 2023

Restlessness and Rush

"Thus the heavens and the earth were completed in all their vast array. 2By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." (Genesis 2:1-3)

12"Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. 13Six days you shall labor and do all your work, 14but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do." (Deut. 5:12-14)

"15Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day." (Deut. 5:15)

"When you are harvesting in your field and you overlook a sheaf, do not go back to get it. Leave it for the foreigner, the fatherless and the widow, so that the Lord your God may bless you in all the work of your hands." (Deut. 24:19)

- **God is not calling us to live up to our potential but to live up to our purpose.**

"When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. 10Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the foreigner. I am the Lord your God." (Lev. 19: 9-10)

- **Don't live your life to the very edge. Leave some room.**



- Sabbath is God's invitation to develop a holy rhythm in our lives
- You can tell whether you're living out of your potential or your purpose by your pace.

3 Components to Sabbath:

1) Rest

"1Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. 2It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep." (Ps. 127:1-2)

2) Reflect

- Am I going the right direction?
- Am I climbing the right mountain?
- Am I taking people with me?

3) Rejoice

"9 There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God's rest also rests from their works,[a] just as God did from his. 11 Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience." (Hebrews 4:9-11)