

SERMON NOTES

A-PART 4: COME A-PART AND REST

I am made to be A PART of something bigger, but Satan wants us to be APART from each other.

Mark 6:31 (HNV):

He said to them, "You come apart into a deserted place, and rest awhile." For there were many coming and going, and they had no leisure so much as to eat.

Matthew 11:28 & 29 (NKJV):

28 "Come to Me, all you who labor and are heavy laden, and I will give you rest.

29 "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

Hebrews 4:1-10 NKJV:

1 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.

2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.

3 For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,' " although the works were finished from the foundation of the world.

4 For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works";

5 And again in this place: "They shall not enter My rest."

6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience,

7 Again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts."

8 For if Joshua had given them rest, then He would not afterward have spoken of another day.

9 There remains therefore a rest for the people of God.

10 For he who has entered His rest has himself also ceased from his works as God did from His.

Isaiah 46:1-4 (NKJV):

1 Bel bows down, Nebo stoops; Their idols were on the beasts and on the cattle. Your carriages were heavily loaded, A burden to the weary beast.

2 They stoop, they bow down together; They could not deliver the burden, But have themselves gone into captivity.

3 "Listen to Me, O house of Jacob, And all the remnant of the house of Israel, Who have been upheld by Me from birth, Who have been carried from the womb:

4 Even to your old age, I am He, And even to gray hairs I will carry you! I have made, and I will bear; Even I will carry, and will deliver you.

Rest is important

Old testament laws / and now - and Sabbath

Quiet times:

- Set aside some time
- Word – food
 - Systematic
 - Just right amount
 - Use tools
- Pray - air
 - Thanks and praise
 - Confess word
 - Listen
 - Agree with God

Church involvement:

- It is essential
- Make it a priority
- Small AND large gatherings
- Not just attendance -
 - Right attitude - engage, change, learn, give
 - Relationships
 - Involvement
 - Regular and dependable
 - Not at expense of family, and the lost

Life balance:

- **God** - Time with and for God including **Church**
- **Boss - Work** - bread
- **Family**
- **Self / Body** - Exercise, Rest, and recreation - fun
- **Lost** and outside interests that make you engage with the lost world

OTHER VERSES:

Exodus 20:8-11 (NKJV)

8 "Remember the Sabbath day, to keep it holy.

9 Six days you shall labor and do all your work,

10 But the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates.

11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Romans 8:4 (NKJV):

That the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.

Romans 2:26 (NKJV):

Therefore, if an uncircumcised man keeps the righteous requirements of the law, will not his uncircumcision be counted as circumcision?

Hebrews 10:1-2, 9-10 (NKJV):

1 For the law, having a shadow of the good things to come, and not the very image of the things, can never with these same sacrifices, which they offer continually year by year, make those who approach perfect.

2 For then would they not have ceased to be offered? For the worshipers, once purified, would have had no more consciousness of sins. ...

9 Then He said, "Behold, I have come to do Your will, O God." He takes away the first that He may establish the second.

10 By that will we have been sanctified through the offering of the body of Jesus Christ once for all.

Psalms 62:1 (NIV):

Truly my soul finds rest in God; my salvation comes from him.

Romans 3:19-20 (NKJV):

19 Now we know that whatever the law says, it says to those who are under the law, that every mouth may be stopped, and all the world may become guilty before God.

20 Therefore by the deeds of the law no flesh will be justified in His sight, for by the law is the knowledge of sin.

Galatians 3:19, 23-25 (NKJV):

19 What purpose then does the law serve? It was added because of transgressions, till the Seed should come to whom the promise was made; and it was appointed through angels by the hand of a mediator...

23 But before faith came, we were kept under guard by the law, kept for the faith which would afterward be revealed.

24 Therefore the law was our tutor to bring us to Christ, that we might be justified by faith. 25 But after faith has come, we are no longer under a tutor.

John 19:30 (NKJV):

30 So when Jesus had received the sour wine, He said, "It is finished!" And bowing His head, He gave up His spirit.

John 10:28 (NKJV):

28 "And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.

Jude 1:20 (NKJV):

20 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,

Luke 5:16 (NKJV):

So He Himself often withdrew into the wilderness and prayed.

SMALL GROUP DISCUSSION GUIDES

Remember that the aim of the small group is to foster discussion and community, rather than for the leader or one individual to preach to everyone.

1 - Often an **Icebreaker question** is a great way to start discussion. You could ask a question like:

- What were the highs or lows of your week?
- What is your earliest memory?
- If you had to describe yourself as one animal, what would it be and why?
- What is your favourite type of holiday destination?

2 - Next, **read the passage**. You can ask various people in the group to help by each reading a portion of the passage.

3 - These are the **main questions** to ask to understand the passage:

- What is the main message of this talk / passage?
Allow discussion and even diverging from the main topic if it is helpful.
- What did you find particularly helpful or challenging?
- What did you not fully understand?
- What can we do **PRACTICALLY** in response to this teaching?

4 - Close by offering **prayer** for each person.

- Ask, "how can we pray for you / each other now?"
- Ask each person to pray or you, as leader, pray for each person's need

The blessing and opportunity in Small Groups is the possibility for...

- Each person to contribute and/or ask questions,
- People to pray for each other and to ask for prayer,
- People to learn to use and grow in their gifts,
- Community, friendship and intimacy in relationships.

God Bless you in this very important ministry.