

# Reading through the NEW TESTAMENT

*at St. Michael*



## Hebrews

### The Son Superior to Angels

In the past God spoke to our forefathers through the prophets at many times and in various ways, <sup>2</sup>but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom he made the universe. <sup>3</sup>The Son is the radiance of his glory and the exact representation of his nature, sustaining all things by his powerful word. He had provided purification for himself at the right hand of the Majesty

and the heavens are the work of your hands.

- <sup>11</sup>They will perish, but you remain; they will all wear out like a garment. <sup>12</sup>You will roll them up like a robe; like a garment they will be changed. But you remain the same, and your years will never end.

<sup>13</sup>To which of the angels did God

"Sit at my right hand until I make your enemies



# St. Michael

## Lutheran Church

CONNECTING PEOPLE TO JESUS

## WELCOME!

- ❖ **INFORMATION CENTER:** Are you interested in Bible classes, Sunday School, youth activities or our J.O.Y. Group senior adult ministry? Stop by the Information Desk in the lobby—we want to meet and help you.
- ❖ **GUEST and HANDICAP PARKING:** For your convenience, parking is located across from the main church entrance and the west entrance door (4).
- ❖ **AUTOMATIC DOORS:** Two sets of automatic doors are available. One is located on the west entrance door (4) and the other is located on the main doors (2).
- ❖ **LISTENING DEVICES** for those who have difficulty hearing the service are available at the sound booth at the back of the sanctuary.
- ❖ **TODAY'S SERMON IS AVAILABLE ONLINE**, along with prior sermons and Bible studies, at [stmfw.org/sermons](http://stmfw.org/sermons).
- ❖ **ONLINE GIVING IS AVAILABLE** at [stmfw.org/giving](http://stmfw.org/giving).
- ❖ **WE VALUE YOUR ATTENDANCE:** Please complete a connect card or visit [stmfw.org/iamhere](http://stmfw.org/iamhere).

### St. Michael loves new parents and small children!

- ❖ **WE WELCOME CHILDREN IN WORSHIP**, but if you need it, a nursery for children under age 5 is located in Room 24B. Please ask an usher for directions.
- ❖ **THE CRY ROOM** is our lobby. Please pull up a chair so that you may watch and listen to our worship service.
- ❖ **BUDDY BAGS** are available for small children in the lobby. You may pick one up prior to service and return on your way out. Enjoy!
- ❖ **CHANGING TABLES** are located in the family and women's restrooms adjacent to the lobby.
- ❖ **CHILDREN'S CHURCH** is for children 5 and under during the sermon at the 10:45a worship.

**TWENTY-FIRST SUNDAY AFTER PENTECOST**  
**October 22, 2023**

**PRESERVICE**

**WELCOME AND OPPORTUNITIES**

**Theme of the Day:** When was the last time you rested, truly rested? It may very well be difficult to find time to rest these days depending on the many things that require our attention. When the Bible talks about rest, it's not merely talking about taking an afternoon nap on the couch. This weekend, we will turn to one of the chapters we are reading this week that includes Hebrews 4 where the writer of Hebrews talks about a "Sabbath-rest."

**INVOCATION AND CALL TO WORSHIP**

P: In the name of the Father and of the Son and of the Holy Spirit.

**C: Amen.**

P: "By the seventh day God had finished the work He had been doing;

**C: so on the seventh day He rested from all His work."** (Genesis 2:2)

P: "My soul finds rest in God alone;

**C: my salvation comes from Him."** (Psalm 62:1)

P: "He who dwells in the shelter of the Most High

**C: will rest in the shadow of the Almighty."** (Psalm 91:1)

P: Jesus says, "Come to me, all you who are weary and burdened,

**C: and I will give you rest."** (Matthew 11:28)

P: "Therefore, since the promise of entering His rest still stands,

**C: let us be careful that none of you be found to have fallen short of it."** (Hebrews 4:1)

P: "Then I heard a voice from heaven say, 'Write: Blessed are the dead who die in the Lord.'

**C: they will rest from the labor."** (Revelation 14:13)

**HYMN**

O Day of Rest and Gladness  
(stanzas 1-2)

**906**

**CONFESSION AND FORGIVENESS**

P: Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit, that we may perfectly love You and worthily magnify Your holy name through Jesus Christ our Lord.

**C:** Most merciful God, I confess to You that I have sinned against You in thought, word, and action, by what I have done and by what I have left undone. I have not loved You with my whole heart. I have not loved my neighbor as myself. For the sake of Your Son, Jesus Christ, have mercy on me. Forgive me, renew me, and lead me, so that I may delight in Your will and walk in Your ways, to the glory of Your holy name. Amen.

*(silence for personal confession and self-reflection)*

**P:** Almighty God, in His mercy has given His Son to die for you and for His sake forgives you all your sins. Therefore, I announce to you the forgiveness of your sins in the name of the Father and of the Son and of the Holy Spirit.

**C:** Amen.

**HYMN** O Day of Rest and Gladness **906**  
(stanzas 3-4)

**PRAYER OF THE DAY**

**P:** The Lord be with you.

**C:** And also with you.

**P:** Lord Jesus, You withdrew for times of prayer and brought Your disciples with You that they might also rest with You. Be present in our times of rest that we may fruitfully meditate on Your Word and be strengthened to serve You and others; for You live and reign with the Father and the Holy Spirit, one God, now and forever.

**All:** Amen.

<b>FIRST READING</b>		<b>Hebrews 4:12-16</b>
<b>ANTHEM 8:00a</b> 10:45a	Sweet Jesus Be a Light	<b>Jeff and Jenny Fearnow</b> <b>ESM 2/3 Choir</b>
<b>GOSPEL READING</b>		<b>Matthew 4:1-11</b>

**CHILDREN’S MESSAGE/BAPTISM BIRTHDAYS**

Please pray for Maddux Bohnke; Kennedy Cable; Hayes and Jase Clinkenbeard; Charlotte and Annabelle Fredrickson; Harper Henry; Lorrie Lutz; William Mueller; William Stir; Gretchen Tribble; Estelle Urban; and Levi Weirauch.

**HYMN** Come Unto Me Ye Weary **684**  
(stanzas 1-4)

**SERMON**

“He Understands”  
Hebrews 4:14-16

**Pastor Goff**

**APOSTLES’ CREED 8:00a/NICENE CREED 10:45a**

**OFFERING/OFFERTORY**

**PRAYERS/THE LORD’S PRAYER**

The G.A.P. Team will pray with you in the worship conference room after the services.

**THE CELEBRATION OF THE LORD’S SUPPER 10:45a**

**PREFACE/PROPER PREFACE**

**SANCTUS** (sung to the tune of *Ye Sons and Daughters*)

**WORDS OF INSTITUTION/THE PEACE OF THE LORD**

**AGNUS DEI** (sung to the tune of *Let Us Ever Walk with Jesus*)

**DISTRIBUTION HYMNS**

Renew Me O Eternal Light	<b>704</b>
The Lord’s My Shepherd, I’ll Not Want	<b>710</b>
How Sweet the Name of Jesus Sounds	<b>524</b>
Be Still My Soul	<b>752</b>
Love Divine, All Love Excelling	<b>700</b>

**POST COMMUNION** (sung to the tune of *For All the Saints*)

**BENEDICTION**

**P:** The Lord bless you and keep you. The Lord make His face shine on you and be gracious to you. The Lord turn His face toward you, and give you peace.

**C: Amen.**

**HYMN**

Guide Me O Thou Great Redeemer  
(stanzas 1-3)

**918**

**SILENT PRAYER**

Lord, thank You for Your invitation to come to You that we may find rest in You. Amen.

**St. Michael Lutheran Church (LCMS)**

**Dennis Goff, Senior Pastor**

**Shawn Davis, Missional Pastor**

**Stephanie Maxson, Music Director**

**Rhonda Patterson, Communications Director**

**Celine Newman, Director of Belonging**

**Mark Neubacher, Visiting Pastor**

**Emma Deines, Youth Director**

**Tammy Bruns, Executive Director**

**Tina Hoover, Executive Assistant**



# Go and Serve | Sign Up Today! November 4 at St. Michael from 9:00a-11:00a

**“You will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” Acts 1:8** As we look at serving the world around us and being witnesses to Christ’s compassion, we have three unique opportunities to *Bless His World* as we gather at St. Michael on November 4.



## Blessing The World | Globally

Project 216 | Packing Meals

**Signup at [stmfw.org/goandserve](http://stmfw.org/goandserve)**

Project 216 is a non-profit humanitarian food aid organization with the mission to show God’s love by empowering our community to provide highly nutritious food to people suffering from hunger around the world. Our meals are packaged by local volunteers and delivered to those in need with the help of worldwide partners. **We need a minimum of 50 volunteers and currently have 25 sign up.**



## Blessing the World | Nationally

Red Cross | Blood Drive - Sponsored by the Clendenen family

**Sign up from 8:00a-1:00p at [stmfw.org](http://stmfw.org) and click on the banner (or [redcross.org](http://redcross.org) or call 1-800-red-cross)**



## Blessing the World | Locally

Super Shots Flu Clinic (other adult immunizations available)

**No appointment necessary**, located in the St. Michael Conference Room

## WHAT'S HAPPENING AT

St. Michael Lutheran Church  
2131 Getz Road 46804  
STMFW.ORG | 432-2033  
October 21/22, 2023



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## FALL FAMILY FUN FESTIVAL

**Saturday, October 28, 6:30p-8:00p**

You are invited to join us from **6:30p-8:00p in the gym and parking lot** for a night of autumn-inspired activities. Come early for worship at 5:00p and stay for the festivities! With games, hot chocolate bar, dinner, trunk or treat, and plenty of fellowship, this event promises to be a fun-filled evening for all ages. Bring your friends! This is a great opportunity for church members to come together and build relationships with families in our community.

**St. Michael needs YOU!** Contact Jen Clendenen at [Jen@stmfw.org](mailto:Jen@stmfw.org) or 492-2996 to decorate your trunk, help with a game, or serve the meal. Can you donate? We'd welcome peanut-free candy, individually packaged snacks (pretzels, popcorn, fruit snacks), apple cider, hot chocolate, hot dogs and buns, or desserts. Please place them under the lobby shelf or kitchenette refrigerator. Thank you!

## TRUNKS NEEDED AT SHEPHERD'S HAND

**October 28, 10:00a-1:00p**

Are you able to set-up a trunk for this fun Shepherd's Hand event? This is a great opportunity to be a part of helping Shepherd's Hand reach out in the city of Fort Wayne, especially if you are providing a trunk for St. Michael's FALL FAMILY FUN FESTIVAL later that evening. With questions, contact Susan Hein at [heinsd01@frontier.com](mailto:heinsd01@frontier.com).

## **CHRISTIAN FOUNDATIONS CLASS—Luther Hall**

*Sunday, October 22, 29 from 9:30a-10:30a*

CFC is a great class for current members as well as anyone who has not been a member at a LCMS Church and is desiring to join membership at St. Michael. Contact Celine at [celine@stmfw.org](mailto:celine@stmfw.org) with questions.

## **DISCIPLESHIP FOUNDATIONS CLASS (3 sessions)**

*Sunday, November 5, 12, 19 from 9:30a-10:30a*

DFC is for anyone taking further steps connecting into the church. It includes current members and those joining in membership at St. Michael by transfer from another LCMS church. Contact [celine@stmfw.org](mailto:celine@stmfw.org).

## **GRACE NOTES HANDBELL CHOIR—Mondays from 3:45-4:45p**

We have a beginning handbell choir for children from 3rd - 5th grade. There is no cost and all abilities are welcome. This is a great way to get your child started with a musical instrument. Contact [celine@stmfw.org](mailto:celine@stmfw.org) for more information.

## **THE ADULT HANDBELL CHOIRS WANT YOU!**

All abilities are welcome! Contact Celine Newman at [celine@stmfw.org](mailto:celine@stmfw.org) with questions.

## **MIDDLE & HIGH SCHOOL YOUTH**

MARK YOUR CALENDARS—1st, 3rd, and 5th Sundays of the month

Middle school youth from 4:00-6:00p and High school youth from 6:00-8:00p

## **PARENTS OF YOUTH FALL SEMINARS – 1<sup>ST</sup> SUNDAYS OF THE MONTH**

Join Celine Newman on the first Sundays of the month this Fall (November 5, December 3) for a parent seminar. Celine will be talking about a variety of subjects focusing on sharing faith with your students. Middle School and High School parents join us from 5:00p-6:00p in Luther Hall.

## **BIBLE STUDY FELLOWSHIP (BSF) FOR YOUNG ADULTS 18-35**

St. Michael is hosting Young Adult BSF on Monday evenings from 6:45p-8:15p in Luther Hall. Join us for contemporary Christian music and small group discussion. Discover that the wisdom of the Bible is relevant to every age. BSF is a place to go deeper—to grow in your relationship with God as you navigate the early years of adulthood. Visit [join.bsfindernational.org](http://join.bsfindernational.org).



## **REDEMPTION HOUSE UPDATE**

We will provide a meal at Wayne Street on November 5 and Fairfield Avenue on November 12. Contact Candi Luchnenko to provide a dish at 422-2061.

## **CONNECT MEAL—Saturday, October 21 after worship**

Email [Celine@stmfw.org](mailto:Celine@stmfw.org) if you can join us at Salvatori's on Illinois Road!

## **THE SHEPHERD'S HAND COMMUNITY OUTREACH CENTER**

As a St. Michael partner in ministry, Shepherd's Hand is reaching out in the city by caring for the Shepherd's people, daring to be the Shepherd's hands, and sharing the Shepherd's love. To volunteer, please contact Susan Hein at [heinsd01@frontier.com](mailto:heinsd01@frontier.com) or 418-0725.

## **LUTHERAN SOCIAL SERVICES OF INDIANA (LSSI)**

Our Sunday School and Bible study offerings for the remainder of 2023 benefit LSSI. The Cup of Kindness Program, through referrals from social-service agencies and Lutheran congregations, offers supportive services through case management, financial-literacy education and/or financial assistance to help families move toward financial stability. Call LSSI Works at 426-3347.

## **J.O.Y. GROUP—Thursday, November 9, Noon in Luther Hall**

We will be celebrating Veteran's Day with a special speaker. Rev. Frese, resident of Fort Wayne, is a military chaplain and also serves the church at large as the Deputy Director for Church Relations for the Lutheran Church -- Missouri Synod. Rev. Frese will talk about his time as a chaplain in Afghanistan, and now in Fort Wayne. He will talk about how military chaplains provide services to nurture the living, care for the wounded/dying, and honor the dead. We will enjoy a lunch from Mission BBQ. The charge for this event is \$10.00 payable at the door. Reserve your spot by calling Penny Pequignot at 580-8730 no later than November 2.

## **WE'RE SO GLAD YOU'RE HERE!**

<b>Attendance:</b>	Saturday, October 14	103
	Sunday, October 15	351
	Sunday Livestream	127

## DO YOU LIKE FOOD AND REFRESHMENT?

We are looking to gather all people who are interested in helping to support and further develop St. Michael's service groups that provide food and refreshments in early November. If you would like to be a part of this conversation, please contact Celine Newman at [celine@stmfw.org](mailto:celine@stmfw.org). "St. Michael is a place where all guests, members, and friends belong. We meet people with Jesus' grace, respect, and dignity. We offer rest and refreshment in beautiful and safe spaces."

### ESM UPDATE

In the coming weeks, the renovation of the school building will be complete. We will thank God for this great blessing on the weekend of November 4 and 5, with a dedication of the renovated school building in a ceremony on Sunday, November 5, at 9:15a in the sanctuary at Emmanuel. This special weekend will also include celebration meals and tours of our improved facilities. Please call the Emmanuel church office or simply click [HERE](#) (scroll down to the QR code) to register your family for one of the celebration meals. Please register by Monday, October 30.

**Grandparents Day - November 3!** ESM is ONE school on TWO campuses. Our Getz Road Campus is home to Getz Preschool and Grades K-3. Our Union Street Campus is home to Union Preschool and Grades 4-8. As we celebrate being connected to Christ (John 15:5), we give thanks for the many connections students have across generations. Grandparents Day is a chance for fun and fellowship with the extended ESM family who loves and supports these kids! Note that this year we will be welcoming **ALL grandparents of PS-8 students on the same day!** Yes, that includes grandparents with students in Grades 4-8 at the Union Street Campus, which is a change from our originally published calendar. In order to accommodate the number of people at Union, we will be offering multiple "tracks" and will be asking for lots of parent volunteers. Stay tuned for volunteer sign-up.

**Getz Road Campus:** We will host grandparents from 9:00a-11:15a for Getz Preschool and Grades K-3. Doors open at the sanctuary at 8:35a. Coffee, juice, and a light snack will be served at the Getz Road event.

## PRAYERS THIS WEEK

**We are privileged to pray for each other.** Please notify the staff on your connect card or by email if you would like your prayer needs kept private. Otherwise, we will print them in this publication on a weekly basis.

- **October Milestone Birthdays:** Harry Jones, 10/2, 81; Ron Nieman, 10/2, 82; Lynn Schrogam, 10/5, 82; Mary Nichols, 10/7, 87; Linda Lewis, 10/13, 81; Otis Vincent, 10/18, 89; Ken Springer, 10/20, 81; Frank Helfrich, 10/25, 81; Tom Risk, 10/26, 81.
- **Altar Flowers:** Thank you to Suzanne Callahan in loving memory of her parents. Thank you, Suzanne!
- **Pray for...**
  - Kendra Nieman, who is recovering from a fall
  - Bennett McCoy, son of Bryce and Abby, who was born this past Saturday
  - Payten Render, great nephew of Liz Edwards, diagnosed with Von Hippel-Lindau Syndrome
  - Jacob Bovard, great nephew of Dennis and Lynnette Brink, struggling with several issue
  - Jaden, Liz Edwards grandson, who continues to struggle with anxiety
  - A friend's daughter of Ruth Shane and Ken Herron who is fighting cancer while receiving chemotherapy.
  - Israel and the people struggling to survive
  - Those who struggle with finances
  - Continued prayers for Mike Zipse, Don and Kathy Magner, Mason Leininger, Beth Ann Hargrove (foot surgery), Kathy Palmreuter's mother, Gary Gotsch, and Audrey Meyers (pneumonia)

## SERVING AT ST. MICHAEL this weekend

Are you able to join a worship service team? Contact Tina Hoover at [tina@stmfw.org](mailto:tina@stmfw.org) or 432-2033.

<b>Greeters:</b>	Mike and Jo Sienk (5p); Heather Moloney (8a) Bernie Rupe (10:45a)
<b>Lay Readers:</b>	Molly Kiefer (5p); Gretchen Weerts (8a); Elaine Lester (10:45a)
<b>Ushers:</b>	Dave and Myra Atkinson, Andrea Tarbet (5p); Dave Crow (8a) Dennis Brink, Karen Hall (10:45a)
<b>Children's Church:</b>	Helene and Naomi Hendrickson (10:45a)
<b>Acolytes:</b>	Kingston Sprunger (5p); Carter Cable (8a); Henry Mueller (10:45a)
<b>Information Desk:</b>	Celine Newman (5p); Gretchen Weerts (8a) Celine Newman (10:45a)
<b>G.A.P. Team:</b>	Paul and Mary Leininger (5p); Christine Harrison (8a); Ed Treace (10:45a)

## **CALENDAR OF EVENTS FOR THIS WEEK October 23-29**

### **Monday**

3:30p Grace Notes  
6:00p Harmony Ringers  
6:45p BSF Young Adults  
7:00p Parables of Jesus Adult Bible Study  
7:00p Resound Rehearsal (Advanced 8<sup>th</sup> grade to adult)

### **Tuesday**

7:00p BSG/Smith  
7:00p Praise Teams Rehearsal

### **Wednesday**

9:15 Coffee Break Bible Study  
10:30a Men's Bible Study with Larry Wickert  
6:30p Men's/Women's Choir  
7:00p Adult Choir

### **Thursday**

6:30p Orchestra Practice  
7:00p Jubilant Fields Rehearsal

### **Friday**

6:30p Weaver/Ulmer Rehearsal Dinner  
8:00p Men's Basketball

### **Saturday**

5:00p Worship  
6:30p-8:00p Fall Family Fun Event

### **Sunday**

8:00a and 10:45a Worship  
Youth 4:00p-8:00p

**MARK YOUR  
CALENDARS FOR  
SUNDAY,  
NOVEMBER 19  
AT 5:00P!**

**CONGREGATIONAL  
DINNER AND  
INFORMATIONAL  
VOTER'S MEETING!**

### **THE CELEBRATION OF THE LORD'S SUPPER**

Jesus instituted the Lord's Supper for the forgiveness of our sins and the strengthening of our faith. Our Lord invites to His table those who have been baptized, who repent of their sin, who believe Jesus Christ is their Savior, and who believe the body and blood of Jesus is really present together with the bread and wine. Anyone who is not yet instructed in the Christian faith or who has a differing belief are asked to first speak with one of the pastors. If you need communion delivered to where you are sitting, please notify an usher or elder before the service begins. Gluten free communion wafers are available by raising your index finger as communion is distributed signaling to the elder that you wish to receive a prewrapped gluten free wafer. Grape juice is available in the purple tinted cups located in the center of the tray of individual cups. Children or adults who have not yet been confirmed or instructed in the Lord's Supper are welcomed to come forward for a blessing placing their arms over their chest.



## Reading through the New Testament—Week 42

October 22-28

### ***Becoming*** more like Jesus—growing in His Word

Our reading last week started us in to the book of Hebrews, but this week covers Hebrews 3-7. The book of Hebrews is in a category of letters in the New Testament often referred to as the “General Epistles.” The General Epistles include Hebrews, James, 1 & 2 Peter, 1-3 John, and Jude. They are referred to as the General Epistles because they appeal either to no specific audience or to an audience whose exact identity is somewhat broad or vague.

Maybe the first thing to consider in looking at Hebrews is to identify the author. And the answer is, we don’t know who the author is. The writer of Hebrews is not identified. There are some over the years, however, who have believed the author is Paul, although that is not widely accepted. For one thing, Hebrews is written in a Greek style that seems different from Paul’s.

There was an episode of Jeopardy not too long ago where the question was asked which of Paul’s New Testament writings contained the most Old Testament references. The officials at Jeopardy believed the answer to be Hebrews. Consequently, there were many people who challenged that because Paul is not the author of Hebrews, but the folks at Jeopardy wouldn’t back down (although they were wrong).






Many believe that Hebrews was written to a Jewish audience, as its name would suggest. If Hebrews was written to Jewish Christians, why? Well, it seems that the author wrote to warn his readers not to turn back to Judaism and to encourage them to stay true to faith in Jesus Christ. In doing so, the writer reminds his readers of the incomparable greatness of Jesus Christ (1:1-10:18).

As with the other New Testament books we have been reading, check out the introductory video by the Bible Project on Hebrews:

<https://bibleproject.com/explore/video/hebrews/>.

## New Testament in a Year—October 22-28

Hebrews

Chapter 3  4  5  6  7 

### **Additional Reflections** from this week's reading

**Hebrews 3** In what ways are Jesus and Moses similar? In what ways is Jesus greater?

**Hebrews 4** What is the “Sabbath-rest” promised by God: The promised land? Sunday off? Heaven? God’s presence? Something else?

**Hebrews 5** How does the role of the Jewish high priest compare to Jesus’ role in terms of: a) How each is chosen? b) How each relates to sinners? c) How each relates to God?

**Hebrews 6** Reflect on what the writer of Hebrews says in vv. 1-3 and in v. 12.

**Hebrews 7** What do we know about Melchizedek (see Genesis 14:17-20)? How did Abraham see him? What is the main point in the comparison between Melchizedek and Abraham? In what ways is Jesus like the Melchizedek portrayed here (vv. 12-17)?

### ***Blessing*** the World

Sabbath Rest

“Therefore, while the promise of entering rest still stands...” Hebrews 4:1

This week as you reflect on rest, also reflect on how you can help the people around you find rest of their own. As we strive to love our neighbors as ourselves as a part of fulfilling the great commission, rest is a part of that story. As grace covers your rest, it also allows you to speak a word of encouragement to rest into others’ lives. Who are two people in your life who could use some encouragement to find rest?

1

2

Pray that they would acknowledge the need for rest and find ways to rest. And then write an encouraging note that they are in your prayers!

## ***Belonging*** in Community

As we gather together we are going to dive into the topic of Sabbath.

Sabbath is a word that can have a lot of assumptions, rituals, and misconceptions around it. When you hear "Sabbath" what expectations, teachings, and practices come to mind?

Too often Sabbath becomes a day for rules and "should not's". The Pharisees are a good example of how this can grow into something other than what God intended. A spiritual practice of Sabbath keeping is about dedicating time to living into the promise that through the work of Jesus the end of our story is eternity in the Promised Land of His kingdom. We get to celebrate, connect and dwell with God and others and rest. Setting up boundaries to resist the call of the hurried life around us will be necessary but it's not a day for "shoulds". Failing to practice the Sabbath will not bring condemnation on you. This is an invitation. An invitation from your God into restoration and connection with Him.

How is this idea different from the list you shared above?

You are encouraged to strengthen your Sabbath practices. Here are a few points to discuss as you ponder what this could look like.

What is a good day for you to practice a Sabbath?

How can you be intentional about connecting with God on your Sabbath?

How can you be intentional about connecting with others on your Sabbath?

You will likely have to set boundaries for yourself such as no purchasing, making your meals at home, setting aside technology, etc. What would be some good boundaries for you?

Choosing activities that restore vs. activities that entertain, distract, or numb is important.

Which of these activities would be restorative for you?

Take walks

Get lost in a book

Nap

Play board/card games

Make music

Create

Other

As you close, pray for each other that you can strengthen your Sabbath practices and be sure to check back in with each other as you gather.

## THIS WEEKEND'S SERMON OUTLINE

### "He Understands"

Hebrews 4:14-16

Favorite Bible Verse(s)

Hebrews 4:14-16 – <sup>14</sup>Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. <sup>15</sup>For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. <sup>16</sup>Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

We have a great H\_\_\_\_\_ P\_\_\_\_\_.

"Let us hold on \_\_\_\_\_ to the faith we profess" (v. 14)

"We do not have a High Priest who is unable to \_\_\_\_\_ with our weakness, but we have one who has been tempted in every way, just as we are – yet without sin." (v. 15)

C.S. Lewis – "Only those who try to resist temptation know how strong it is . . . A man who gives in to temptation after five minutes simply does not know what it would be like an hour later . . . But Christ, because He was the only man who never yielded to temptation, is also the only man who knows to the full what temptation means."

"Let us then approach God's throne of grace with \_\_\_\_\_, so that we may receive mercy and grace to help us in our time of need." (v. 16)

\_\_\_\_\_ -- receiving what we do not deserve

\_\_\_\_\_ -- not receiving what we do deserve

What is your favorite Bible verse(s)?