



Doing Life Well – Work & Rest

Date: Sunday 4th February 2018

Speakers: Andrew McNeil

Key Verses: Exodus 20: 8-11

Summary

- God created us in His image for a rhythm of work and rest. When we violate that rhythm, we do damage to ourselves.
- The fourth commandment expresses the need for one day of rest a week.
⁸Remember the Sabbath day by keeping it holy. ⁹Six days you shall labour and do all your work, ¹⁰but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work...Therefore the Lord blessed the Sabbath day and made it holy.'
- The idea of Sabbath is that we learn to stop, rest, delight in God's goodness to us. God's intention is that we replenish and recharge our body, soul and spirit for the demands of the week ahead.
- Our lives can get overloaded with too much plugged in. Social media, work emails and our over scheduled diaries can all link us to a crisis, concern, demand or deadline.
- We see the pattern of work and rest in Jesus life and ministry. Even in the midst of incredible demands Jesus often withdrew from the crowds to be with his father. Luke 5:16 *'But Jesus often withdrew to lonely places and prayed.'*

Sabbatical

I spoke about the sabbatical that Rosie and I are embarking on in the coming weeks. This is a summary of what we are thinking about at this time.

Our confidence to step into this sabbatical is because of number of factors.

- The confidence we have in Jesus goodness towards his Church.
- The trust we have in the wonderful staff team and community leaders and the excellent way we all work together to serve the church.
- The relational health and unity that hallmarks our interactions.
- The sense of growth and momentum that we have as a community.

What we hope for personally.

The personal aims for our time away - Rest and relaxation to enable:

- Prayer, Study and Reflection
- Time to listen to Jesus for our next phase of faith, marriage and leadership in BV (becoming more fruitful)

Our hope for the staff team / leaders.

- The entire team has a chance to step up in responsibility and authority to lead.

Our hope for the church

- That we grow and see Jesus building his church over this time.
- That the whole church makes the most of this term, including some of the great highlights coming up this term: Big Church, the Winter Night Shelter in Network House and Alpha starting in the South.
- That we'll be introduced to many new people on our return who became part of our community whilst we are away!

Rosie and I feel we have been entrusted with a gift. This time is precious to us and it's only been made possible because of the generosity of the trustees the competence of the leadership team and the strength of this wonderful church community.

We simply want to express our sincere thanks to each and every one of you.

See you soon!

Andrew & Rosie

Questions for Small Groups

- Do you have any routines or habits in your life that priorities Sabbath/rest?
- What are the biggest challenges to prioritising Sabbath?
- How have social media and the internet changed things for you or your family over the last decade?
- What opportunities does Andrew & Rosie's sabbatical present to us as the Church and how can we best pray during this time?

An interesting video to watch

[Dr Archibald Hart](#) - Fuller Theological Seminary - The rewiring of the human brain and how it affects our mental health.