

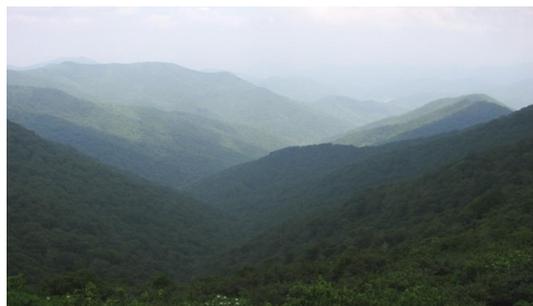


True Rest

By Alexander S. Brown, Minister

As many of you know, Sara and I enjoyed a relaxing time of vacation after our trip to the 39th General Assembly in Virginia Beach. Following a very busy week of business at the Assembly, catching up with old friends and making new ones, we travelled to North Carolina to spend a week in the mountains.

To say that our week was refreshing would be an understatement. We enjoyed breathing that clean, cool mountain air and taking in the beauty of the Blue Ridge Mountains. It was good to just spend some time resting.



Rest is not something that comes easily to me, and I don't think that I am alone in that struggle. There is so much in our culture that says our identities are wrapped up in our work that we struggle to rest from that work— to lay it aside, and simply relax.

However, as good as work is, rest is also good, and also important. In fact, it is so good that the Bible records the first resting as being done by God Himself as He rested from all His labors at the end of the Creation week.

This pattern of work *and* rest was firmly established as a pattern for humanity when it was encoded into the Ten Commandments, where we read that God's own resting is the foundation for our resting on the Sabbath—

“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God.

On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

In our 24 hour-a-day, 7 day-a-week culture such a command is counter-cultural, as we are commanded to set down our tools, switch off our computers, and lay aside our work. This goes against the grain of a culture that says we are the captains of our own destinies and must work hard if we are to succeed. In fact, this command re-orientates our view of what it means to succeed.

By forcing us to stop working, this command reminds us that we are not in control, we are dependent upon Another, and that we must ultimately trust Him— and not our works, for our satisfaction. The Sabbath command, in a sense, disarms our pride and self-reliance and restrains us so that we might surrender our idols of self-reliance, and cast ourselves upon God.

However, we know that as much as the Sabbath is for our good, it is not an end in itself. Rest is good, but you will soon again be tired. The Sabbath does not point to itself, but beyond itself to a greater fulfillment, to a rest that will satisfy perfectly.

In chapter four of the Letter to the Hebrews, the anonymous author tells us that in Christ there is an ultimate rest, which will never fade. In Christ there is a perfect rest, which outstrips all others. It is a rest which comes from His finished work of Redemption.

Because Christ worked, and worked perfectly, we can now rest from trying to save ourselves, or make ourselves right with God. The Gospel tells us simply to come, and trust in Christ and in His saving work, and we will find a perfect rest, secure in God our Father. ▪

Sunday Schedule

- Sunday School • 9:30 a.m.
“Christianity Explored”
- Morning Worship • 10:30 a.m.
“Mark: A Confrontation with Christ”
- Evening Worship • 6:00 p.m.
“Jeremiah: Judgment and Restoration”

July Calendar

- Sun 7/3 Communion,
 (AM Worship)
- Mon 7/4 *Independence Day Holiday*
- Fri 7/15 Savannah River Presbytery
- Sun 7/24 GIPC Fellowship Lunch (Potluck) 

Weekly Bible Studies and the Midweek Prayer Service are set to resume in the Fall.

Connect with us

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Office Hours:
 10:30 a.m.-3:00 p.m. (T-F)

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In this issue:

- July Calendar..... 1
-  Bible Reading Plan.. 2
- July Fighter Verses.. 2

JULY

"They received the word with all eagerness, examining the Scriptures daily." (Acts 17:11)

Family Worship

Old Testament Reading

Date	Book	Chapter	✓
1	<i>Joshua</i>	3	<input type="checkbox"/>
2		4	<input type="checkbox"/>
3		5-6:5	<input type="checkbox"/>
4		6:6-27	<input type="checkbox"/>
5		7	<input type="checkbox"/>
6		8	<input type="checkbox"/>
7		9	<input type="checkbox"/>
8		10	<input type="checkbox"/>
9		11	<input type="checkbox"/>
10		12,13	<input type="checkbox"/>
11		14,15	<input type="checkbox"/>
12		16,17	<input type="checkbox"/>
13		18,19	<input type="checkbox"/>
14		20,21	<input type="checkbox"/>
15		22	<input type="checkbox"/>
16		23	<input type="checkbox"/>
17		24	<input type="checkbox"/>
18	<i>Judges</i>	1	<input type="checkbox"/>
19		2	<input type="checkbox"/>
20		3	<input type="checkbox"/>
21		4	<input type="checkbox"/>
22		5	<input type="checkbox"/>
23		6	<input type="checkbox"/>
24		7	<input type="checkbox"/>
25		8	<input type="checkbox"/>
26		9	<input type="checkbox"/>
27		10-11:11	<input type="checkbox"/>
28		11:12-40	<input type="checkbox"/>
29		12	<input type="checkbox"/>
30		13	<input type="checkbox"/>
31		14	<input type="checkbox"/>

JULY

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Family Worship

Psalms & New Testament

Date	Book	Chapter	✓
1	<i>Psalms</i>	126-128	<input type="checkbox"/>
2		129-131	<input type="checkbox"/>
3		132-134	<input type="checkbox"/>
4		135,136	<input type="checkbox"/>
5		137,138	<input type="checkbox"/>
6		139	<input type="checkbox"/>
7		140,141	<input type="checkbox"/>
8		142,143	<input type="checkbox"/>
9		144	<input type="checkbox"/>
10		145	<input type="checkbox"/>
11		146,147	<input type="checkbox"/>
12		148	<input type="checkbox"/>
13		149,150	<input type="checkbox"/>
14	<i>Acts</i>	1	<input type="checkbox"/>
15		2	<input type="checkbox"/>
16		3	<input type="checkbox"/>
17		4	<input type="checkbox"/>
18		5	<input type="checkbox"/>
19		6	<input type="checkbox"/>
20		7	<input type="checkbox"/>
21		8	<input type="checkbox"/>
22		9	<input type="checkbox"/>
23		10	<input type="checkbox"/>
24		11	<input type="checkbox"/>
25		12	<input type="checkbox"/>
26		13	<input type="checkbox"/>
27		14	<input type="checkbox"/>
28		15	<input type="checkbox"/>
29		16	<input type="checkbox"/>
30		17	<input type="checkbox"/>
31		18	<input type="checkbox"/>

JULY

"They received the word with all eagerness, examining the Scriptures daily." (Acts 17:11)

Private

Old Testament Reading

Date	Book	Chapter	✓
1	<i>Isaiah</i>	63	<input type="checkbox"/>
2		64	<input type="checkbox"/>
3		65	<input type="checkbox"/>
4		66	<input type="checkbox"/>
5	<i>Jeremiah</i>	1	<input type="checkbox"/>
6		2	<input type="checkbox"/>
7		3	<input type="checkbox"/>
8		4	<input type="checkbox"/>
9		5	<input type="checkbox"/>
10		6	<input type="checkbox"/>
11		7	<input type="checkbox"/>
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27		23	<input type="checkbox"/>
28		24	<input type="checkbox"/>
29		25	<input type="checkbox"/>
30		26	<input type="checkbox"/>
31		27	<input type="checkbox"/>

JULY

"They received the word with all eagerness, examining the Scriptures daily." (Acts 17:11)

Private

New Testament Reading

Date	Book	Chapter	✓
1	<i>Matthew</i>	11	<input type="checkbox"/>
2		12	<input type="checkbox"/>
3		13	<input type="checkbox"/>
4		14	<input type="checkbox"/>
5		15	<input type="checkbox"/>
6		16	<input type="checkbox"/>
7		17	<input type="checkbox"/>
8		18	<input type="checkbox"/>
9		19	<input type="checkbox"/>
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13		23	<input type="checkbox"/>
14		24	<input type="checkbox"/>
15		25	<input type="checkbox"/>
16		26	<input type="checkbox"/>
17		27	<input type="checkbox"/>
18		28	<input type="checkbox"/>
19	<i>Mark</i>	1	<input type="checkbox"/>
20		2	<input type="checkbox"/>
21		3	<input type="checkbox"/>
22		4	<input type="checkbox"/>
23		5	<input type="checkbox"/>
24		6	<input type="checkbox"/>
25		7	<input type="checkbox"/>
26		8	<input type="checkbox"/>
27		9	<input type="checkbox"/>
28		10	<input type="checkbox"/>
29		11	<input type="checkbox"/>
30		12	<input type="checkbox"/>
31		13	<input type="checkbox"/>

**Week beginning
JULY 3**

Ephesians 6:16-18
In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints.

**Week beginning
JULY 10**

Philippians 1:6b
He who began a good work in you will bring it to completion at the day of Jesus Christ.

**Week beginning
JULY 17**

Matthew 10:28
And do not fear those who kill the body but cannot kill the soul. Rather fear Him who can destroy both soul and body in hell.

**Week beginning
JULY 24**

Matthew 11:28-30
Come to Me, all who labor and are heavy laden, and I will give you rest. 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. For My yoke is easy, and My burden is light.

**Week beginning
JULY 31**

Psalms 1:1-2
Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on His law he meditates day and night.