

# GBUMC COMPASS

A Weekly Worship Guide

www.GrandBlancUMC.org

Sunday, September 4, 2022



**“Friends in Christ exercising love, hope and grace to enrich all lives.”**

## Sermon Recap

As people of God, it is vital that we have a solid theology of Sabbath, not just so that we can follow God’s command, but so that we can live more healthily, as God intends. While we talk of sabbath as being a period of time, it is also a verb. Sabbath is an *act* of peaceful protest against unreasonable demands on our labor that require we give more of ourselves than is truly healthy. How can we demand a better sabbath theology of ourselves without abandoning a healthy work ethic? What are we to do when we meet popular resistance from others? Ultimately, by turning to scripture, we discover God’s presence with us as we seek rest and balance in our lives.

*But the king of Egypt said to them, “Moses and Aaron, why are you taking the people away from their work? Get to your labors!” Pharaoh continued, “Now they are more numerous than the people of the land and yet you want them to stop laboring!” That same day Pharaoh commanded the taskmasters of the people, as well as their supervisors, “You shall no longer give the people straw to make bricks, as before; let them go and gather straw for themselves. But you shall require of them the same quantity of bricks as they have made previously; do not diminish it, for they are lazy; that is why they cry, ‘Let us go and sacrifice to our God.’ Let heavier work be laid on them; then they will pay attention to it and not to deceptive words.” – Exodus 5:4-9*

## Applied to My Life:

We’ve all heard the adage, “If you can lean, you can clean.” It comes from the notion that work and labor is the definition of productivity. Now, while there is something to be said for ambition and a meaningful work ethic, neither of those preclude a healthy understanding of sabbath and rest. In fact, sabbath and rest are a vital part of productivity.

What does sabbath look like in your life? Is it a period of time? Is it a re-learning of what it means to be productive? Is it something you need to take more seriously?

## An Invitation

If you are worshiping with us today, and you don’t have a church home, but are looking for a faith community full of people who are also journeying as disciples of Jesus, following Christ’s example, love and grace, then we would love the opportunity to be that church home and family for you. If this sounds good to you, we simply want to encourage you to keep coming, talk to those around you, and discover what it means to be part of this beautiful church family and family of Christ.

Membership in the church is not about a status. Instead, it’s about taking a step as a follower of Jesus to commit yourself, along with others, to that journey! If you are interested in joining the church as a member, or even just learning more about it, please indicate that on your Connect Card, and we’ll be sure to reach out quickly!

Meeting you is a blessing for us, and we hope that this day was a blessing for you!

-Pastor Brian