



SOUTHBRIDGE
COMMUNITY CHURCH

Rhythms of Creation
Sunday, November 26, 2006
Pastor Chris Owen

Human Nature:

* _____ the way we were created by God will help us understand the need for living a life of rhythm. (*Gen. 2: 7*)

Genesis 2: 2-3 (TNIV)

2By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Recognize the implications: God _____ and God _____!

Exodus 20: 8-11 (TNIV)

11For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

*The rhythm of living _____ -and- _____, work-and-rest, goes back to the way God created the universe, the way God operated, and the way we were created to operate.

Rhythm; The Missing Ingredient

Note: The difference between _____ and _____ is knowing when to rest...when to be **on** and when to be **off**.

1. Understand that it's not a matter of _____ work and _____ work; it's a matter of _____.

Mark 1: 29-35 33The whole town gathered at the door and Jesus healed many who had various diseases. 35Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

2. Identify the most _____ and _____ ways you can create rhythm.

Mark 6: 30-32 31b“Come with me by yourselves to a quiet place and get some rest.” 32 So they went away by themselves in a boat to a solitary place.

3. Extreme circumstances _____ the need for rhythm.

Matthew 14: 12-13a 12John’s disciples came and took his body and buried it. Then they went and told Jesus. 13When Jesus heard what had happened, he withdrew by boat privately to a solitary place.

Psalms 23: 1-3 The Lord is my shepherd, I lack nothing! He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

4. Remember what the Teacher says, “_____ = _____!”

*Leviticus 23 ‘Festivals and Feasts’
7On the first day hold a sacred assembly and do no regular work. 29Those who do not deny themselves on that day must be cut off from their people. I will destroy from among their people anyone who does any work on that day. 41Celebrate this as a festival to the Lord for seven days each year.*

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Jesus -Matthew 11: 28-29

Personal Action Steps

1. Is my pace sustainable?
2. What are some things (as positive as they may be) that I need to say ‘no’ to?
3. Who can hold me accountable to living a life of rhythm?
4. This holiday season, when will I practice moments of rhythm?