**Churches-In-Homes   Week Beginning 19/07/2020**

**Notices:**

* Session 1 of the first of what we hope will be many courses taught by Pearl has been uploaded to the Church YouTube channel. Session 2 is scheduled to be published on Monday July 20. Hopefully subsequent sessions will be published at 2 to 3-week intervals.

The link to the first session is:

<https://bit.ly/2WfJ4tq>

If you subscribe to King’s Church St Paul’s Cray YouTube channel, with the option to receive notifications, you will be alerted when a new resource is uploaded.

The link below will take you to the Church YouTube channel.

<https://bit.ly/2BjG1Je>

If you do not have a google account you will need to find out how you may still subscribe. There are videos that explain how you may do so. Click on the link below to see an example.

<https://youtu.be/wuoCvxnFnlA>

**Theme:  Authentic Christianity Series 9:  Fixing our eyes on Jesus**

**Title:  A sabbath-rest for the people of God**

**Main text:** Hebrews 4:8-11

**Main Points:**

Joshua’s ministry was to bring the people of God into a place of rest in the land that God had promised their forefathers. Most of those that left Egypt did not enter that rest because they did not trust God, which led to disobedience and rebellion. The generations that eventually settled in the land did not really rest there because of their tendency to ignore God’s commands and do things their own way. To enter, and remain in God’s rest, we must stop doing our own works. Instead we should resolve to always do the will of God, leaving the outcomes to Him. This is also how to be a disciple of Jesus. **Luke 9:23, Matthew 11:28-29.** Daily effort is needed to conform our lives to the will of God.

About the sabbath – Jesus has raised the fulfilment of the commandments of God to the highest level, that of obedience in heart and in thoughts. In the case of the sabbath, as expressed in our main text, the most important principle is to enter God’s sabbath-rest always, not just one day in seven. It is also important to physically rest one day in seven in order to function optimally, as God intended. According to scripture, in the new covenant established in our Lord Jesus Christ, the day you choose to rest physically is up to you. **Colossians 2:8,16-17**

**Warning:** Cease from doing things your way – rest from your works.

**Encouragement:** Make every effort to follow God’s agenda, not yours.

**Discussion points:**

**Insight gained**

**Practical application**