

## WHAT'S ON THIS WEEK

### MONDAY

5PM Walking Soccer  
7PM Social Soccer

### TUESDAY

9:30AM Playgroup

### WEDNESDAY

9AM Prayer Meeting

### THURSDAY

3:30PM Youth  
9:00AM Quilters

### FRIDAY

9:30AM Playgroup  
4:00pm Kids Ignite

## Home Groups

BETTER TOGETHER

If you would like to know  
more, Contact Pastor John  
0408 402 476

### HAPPY BIRTHDAY

23rd Peter A  
25th James F  
26th Candice

## PRAYER & PRAISE POINTS

- \* Praise God that He is a promise keeping, sovereign God –that we can confidently put our trust in Him because He knows all things and rules over all things.
- \* Give thanks that we can find rest, peace and eternal life in the grace of God.
- \* Pray that God will empower us to work harder, serve more faithfully and press on in both the good times and the tough times
- \* Pray for the Manakuzas in Malawi as they help with devastation of Cyclone Freddy (half a million people displaced from their homes, 500 dead).
- \* Pray for the Minister of Education to stand up for Christian Schools as the Australian Law Reform Commission seeks to strip religious schools of their right to hire like-minded staff.
- \* Pray for Suzanne as she moves to Caboolture for her new job and for Heidi as she starts in her new job in Kawana.

## GOD'S BLESSING OF WORK, REST AND WORSHIP

*"Remember to observe the Sabbath day by keeping it holy." (Exodus 20:8)*

At the heart of the Sabbath is the word rest. The Sabbath is God's stress management program! It is how to prevent burnout - how to recover from too much pressure, gather yourself together and become able to handle the work you must do. There are two reasons given in the Scripture for the Sabbath. The first one is found in Exodus 20:11. There we are told that because God finished creation in six days and then rested on the seventh day, He asked His people to rest after six days of labour. Just as God accomplished his objective in six days, we too must recognise that there is a limit to our work. There is a need to stop in order to allow the body, mind and spirit to be refreshed. The second reason the Sabbath was given is often ignored. God said to Israel in Deuteronomy 5:15, *"Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the LORD your God has commanded you to observe the Sabbath day."* They were to rest in order to reflect on the grace of God's salvation and to worship him for doing the work of redemption that they couldn't do themselves. So, there are two aspects of the Sabbath - creation and redemption. There is a rest of ceasing from our own works and there is a rest found in worshipping God.

The problem today is that most modern Christians don't remember to observe the Sabbath day and don't even feel guilty about it. There are many reasons for this peculiar situation. In part, we rightly understand that Jesus did not uphold the strict Pharisaic rules for the Sabbath and did "work" on the Sabbath, such as healing sick people. We are also correct in believing that the early Christians began to observe the "Lord's Day" on Sunday, the first day of the week, rather than on Saturday, the seventh day. Some of us reject observing the Sabbath because we grew up in Christian contexts where Sabbath-keeping was rife with legalism and shame. Our knowledge of God's grace in Christ is hard to reconcile with our experience of Christian Sabbath-keeping. But the fact that remembering the Sabbath is one of the Ten Commandments indicates that this is something that is important to God. Though Christians rightly exercise freedom in Christ with respect to the details of Sabbath observance (which day and what constitutes rest) we still need to take seriously the call to remember the Sabbath. God created us to live with a constant rhythm of work, rest and worship. One of the best ways to do that is to value the Lord's Day, keep it holy and spend time finding our joy and strength in Him.

God bless, Pastor John.

## NEW CHURCH DIRECTORY

The 2023/24 church family directory is now available. There will be a copy of the directory with your name (top right corner) for you to collect from the table in the gallery after the service. A small donation towards the cost of the directory would be appreciated. A huge thanks to Lisa Blair, our Office Administrator, for all her hard work in collating the directory.

## LEADER'S BOARD

We have also put a poster of the current church leaders (Pastors, elders and deacons) on the notice board in the hall entrance. The purpose of this poster is to assist those who are unsure as to who is on the leadership team at CBBC.

## FREE BOOKS

Pastor John has cleaned out his office (hard to believe I know) and as a result he has a number of surplus books to give away to anyone who might want them. There are devotional books, commentaries and a range of Christian authors and topics to choose from. They will be on the table in the gallery, so please have a look after the service and feel free to take whatever you like.

## BI-ANNUAL MEMBER'S MEETING

It's happening after the service on Sunday 4th June. At the meeting we will be seeking your approval regarding the annual budget for the 2023/24 year and asking you to consider a proposed change to clause 17 of our Constitution. All members should have received information regarding this proposed amendment. Our ministry leaders will also be briefly sharing about the progress so far in 2023. All members are required to attend and all those who aren't members are also welcome to join us.

## COMBINED SUNSHINE COAST CHURCHES WORSHIP SERVICE

As we did last year, the churches from all denominations from across the Sunshine Coast are gathering at Good Life Church (100 Buderim Pines Drive) on Sunday 28th May at 5pm for a time of prayer and worship. Everyone is invited to come along and join together as we worship our awesome God and pray for our community.

## "The Gift of Rhythm, Refreshment and Rejoicing" (Deuteronomy 5:1-15 and Matthew 12:1-8)

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**WELCOME TO OUR WORSHIP SERVICE**  
**Coolum Beach Baptist Church**  
*'To know Christ and make Him known'*



"Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you." (Deuteronomy 5:12)

21  
May  
2023

**9AM**

## PASTOR HARRISON

## **"The Gift of Rhythm, Refreshment and Rejoicing"** **(Deuteronomy 5:1-15 and Matthew 12:1-8)**