

PRAYER UPDATE

PHYSICAL ILLNESSES & SURGERIES this past week

Hayden Jilka (7 yrs old) has one more week of daily radiation. His chemo treatments will continue weekly with one overnight stay a month at LPCH. Please continue to pray for his health and stamina and protection from illness. To follow Hayden's journey, follow this link: posthope.org/hope-for-hayden.

Lou Schiavon is back home recovering after being in the hospital with several bad infections. Please pray for a complete recovery.

Jared Hinds recently diagnosed with Leukemia, will undergo a very intensive treatment for the next 2 years at Stanford Hospital. Please pray for strength and a peace that passes all understanding for his family and his new bride as they undertake this difficult journey together.

Linda Davis is at Dominican Hospital with a stomach infection. Pray that she can return home this week.

Gwenda Baker had surgery on 1/15 at UCSF. Please pray that this is her final surgery and that she will recover quickly.

Lori Forcier had brain surgery for an aneurysm on 1/13. Please pray for Lori as she recuperates and for God's peace and comfort as she is still grieving from the loss of her husband just last year.

Gene Cutler went to have his sutures from his skull surgery removed at Stanford and due to fluid build up they did another surgery and they are keeping him for several more days. Please pray against infection, for continued healing and for peace for Ginni and the family.

Gary Barton has started a three day infusion chemotherapy. Please pray for protection from illness and continued strength.

Malik Williams (14 yrs old) had surgery on 1/16 on his foot at Sutter Clinic with a one year recovery time. Please pray for miraculous healing.

HOME WITH THE LORD

Ruth Wiseman the mother of one of our Stephen Ministers, Joan Taketa passed into the presence of the Lord on January 2nd. Please pray for Joan as she grieves the loss of her dear mom.

BIRTHS

Greg and Hillary Nettles welcome into their hearts and home their new baby daughter Abigail Elizabeth born on January 10th. Proud grandparents are Phil and Jenny Welty.

We would love to visit your loved ones in the hospital. Please contact Carrie Clark at 465.3368 or care@tlc.org

A complete prayer list is available at the information desk.



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EMPOWERED

EMPOWERED BY REST

JANUARY 17 & 18 // ADRIAN MORENO

THE PROBLEM

"Our hearts are restless, until they can find rest in you."

—St. Augustine of Hippo

THE SOLUTION

One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" He answered, "Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath." Mark 2:23-27

WHAT DOES THIS TEACH US ABOUT REST?

If you want _____ you have to go to _____.

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his. Hebrews 4:9-10

4 WAYS TO RECEIVE THE GIFT OF THE SABBATH

1. _____

2. _____

3. _____

4. _____

RESOURCES used in preparation of this message

Tim Keller, “Work and Rest” sermon

Rick Warren, “There Is No Excuse Not to Rest” article

THIS WEEK’S MEMORY VERSE:

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28

DAILY MEDITATIONS

MONDAY Please read Matthew 6:25-34. Write down at least one thing you learned from last weekend’s sermon on rest that was either new to you, encouraged you or challenged you. How are you doing building times of physical rest into your life? How are you doing when it comes to soul rest? Each day this week we’ll read a passage about rest and answer some questions to help each of us grow in our understanding of what it means to rest. Write down what you learn about rest in today’s passage. What does this teach you about physical rest? What does it teach you about soul rest? *Thank God today that He knows your needs and will provide for you. Pray for the peace to rest both physically and in your soul in His provision for you.*

TUESDAY Please read Genesis 2:1-2 & Exodus 20:8-11. Write down what you learn about rest in today’s passage. What does this teach you about physical rest? What does it teach you about soul rest? *Thank God today for making rest important! Talk to Him about your struggles to rest (physically and spiritually) on a consistent basis. Ask Him to help you grow in this area.*

WEDNESDAY Please read Psalm 62:1-2. Write down what you learn about rest in today’s passage. What does this teach you about physical rest? What does it teach you about soul rest? *Thank God today for the all-encompassing nature of His rest. Pray that your soul’s rest will truly come from God alone.*

THURSDAY Please read Hebrews 4:8-16. Write down what you learn about rest in today’s passage. What does this teach you about physical rest? What does it teach you about soul rest? *Thank God today for the ultimate rest He provides in salvation through Jesus. Pray for that your confidence in the rest God provides will grow and that your thoughts and actions will be impacted.*

FRIDAY Please read Psalm 91:1-2. Write down what you learn about rest in today’s passage. What does this teach you about physical rest? What does it teach you about soul rest? *Thank God today for being your refuge and fortress. Pray for a heart and mind that can say with the psalmist that God is the One you trust.*

SATURDAY Please read the whole chapter of 2 Corinthians 4 in preparation for this weekend’s sermon. Please pray that as we launch World Outreach Week we will all be encouraged by what’s going on all around the globe and we’ll be challenged to find out how God wants us to be a part of it! Also, pray for Rene who just returned from Africa yesterday but will be preaching this weekend – pray for strength and clear thinking!