



first lunch

FIRST SUNDAYS



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living hope

COMMUNITY CHURCH

June 7, 2026

LIVING HOPE COMMUNITY CHURCH

WORSHIP SERVICES

8:00 AM | 9:30AM | 11:30AM

June 7, 2026

CALL TO WORSHIP

Evan Lee

SONGS OF PRAISE

ANNOUNCEMENTS

Pastor Chris Chi

SCRIPTURE READING

Linda Ho

MESSAGE

“The Sabbath as Resistance”

Exodus 31:12-17

Pastor Jeff Hyun

COMMUNION

CLOSING PRAYER

Pastor Jeff Hyun



CHILD DEDICATION



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COMMUNITY CHURCH

June 7, 2026

Men's Breakfast

Saturday June 27, 2026 | 8:30-11am | LHCC Porch



For questions or more information please contact Pastor Ben: ben.tabbal@livinghopecc.org

ANNOUNCEMENTS

1. First Lunch | Today | Chapel 2

Are you new? Have you been with us for some time but want to explore the church more? [Please sign up for this date!](#) The next First Lunch after this date will be on August 2. You can also visit [HERE](#) for all First Lunch dates for 2026.

2. Men's Ministry Breakfast | June 27

Please join us for breakfast and fellowship with the men of our church on Saturday, June 27. We will worship, spend devotional time, and check in with each other. For questions or more information, please contact Pastor Ben Tabbal (ben.tabbal@livinghopecc.org). [Click here](#) to sign up!

3. Child Dedication | July 19

Living Hope's next Child Dedication Ceremony will be on Sunday, July 19 during 9:30am service. There is a mandatory class two weeks before on Sunday, July 5 at 10:45am in the Living Room. Please register for the class and Child Dedication! [Click here to register.](#)

4. Living Hope Internships 2026-2027

We are excited to open a new year of internships at Living Hope! We are accepting applications now through July 1 or until the positions are filled. The new interns officially begin on September 1. Questions can be sent to Pastor Ervin Liang (ervin.liang@livinghopecc.org). [Click here](#) to learn more about Internships 2026-2027!

To learn more about more additional things happening in the life of our church, please visit <https://www.livinghopecc.org/>.

SERMON NOTES

“The Sabbath as Resistance”

Exodus 31:12-17

Pastor Jeff Hyun

Point #1 – The Sabbath is resistance against our compulsion to overwork and overfunction

Exodus 31:13 – “You are to speak to the people of Israel and say, ‘Above all ***you shall keep my Sabbaths...***’”

Exodus 20:8-11 – “8 “Remember the Sabbath day, to keep it holy...***for in six days the LORD made*** the heavens and the earth, the sea, and all that is in them, and ***rested on the seventh day.***”

Deut 5:15 – “¹⁵ You shall remember that ***you were a slave in the land of Egypt,*** and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.”

Point #2 – The sabbath is resistance against the idolatry of productivity and performance

Exodus 31:13b – “¹³ “Above all you shall keep my Sabbaths, ***for this is a sign between me and you*** throughout your generations, that you may know that I, the LORD, sanctify you.”

Exodus 31:17 – “¹⁷ It is ***a sign forever between me and the people of Israel*** that in six days the LORD made the heavens and the earth...”

Point #3 – The sabbath is resistance against restlessness because it points us to our true source of rest

Exodus 31:17b – “¹⁷ ...And on the seventh day he ***rested*** and was ***refreshed.***”

Matthew 11:28-30 – “²⁸ Come to me, all who labor and are heavy laden, and ***I will give you rest.*** ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and ***you will find rest for your souls.***

2026-27

LHCC

INTERNSHIP

Pastoral • Youth & College • Children's • Worship

livinghopecc.org/internship
Ervin Liang (ervin.liang@livinghopecc.org)



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COMMUNITY CHURCH

June 7, 2026

CELL GROUP DISCUSSION QUESTIONS

Breaking the Ice:

What does a typical day off or Sabbath look like for you? What do you usually do, and what parts of it do you most enjoy?

Digging Deeper:

Point #1: The sabbath is resistance against our compulsion to _____ and _____

Read Ex 20:8-11 and Deut 5:15. Both passages command God's people to observe the Sabbath. What is different about the reason each passage gives for keeping the Sabbath?

The sermon described busyness as something we've turned into an identity — even a badge of honor. Do you relate to that? In what ways have you seen this show up in your own life or in the people around you?

Point #2: The sabbath is resistance against the idolatry of _____ and _____

Read Exodus 31:13 and 31:17. Why does God call the sabbath a “sign” between Him and the people of Israel? What does this teach us about the practice and significance of Sabbath?

This week's sermon mentioned the existence of both "external" and "internal" pharaohs. What does the voice of your inner Pharaoh most often say to you? And whose voice does it sometimes sound like?

Point #3 – The sabbath is resistance against _____ because it points us to our true source of rest

Read Exodus 31:17b and then read Isaiah 40:28. Why do you think Scripture describes God as *resting* and being *refreshed* if God does not actually need rest the way we do?

The Hebrew word for “refreshed” is *naphash*, which carries the idea of breathing, being enlivened, and being renewed. What is one thing you can do on your Sabbath this week that would be a life-giving source of delight, joy, and renewal?

For Further Resources on the Sabbath:

[Practicing the Way: Sabbath Practice](#)

A free four-session resource that helps individuals and groups practice Sabbath through the rhythms of stop, rest, delight, and worship.

[Subversive Sabbath: The Surprising Power of Rest in a Nonstop World - A.J. Swoboda](#)

A thoughtful book on Sabbath as a countercultural and spiritually formative practice of rest in a nonstop world.