

**Opening: Open Each Community Group Meeting by Reading the Community Grp Summary**

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**What is a Community Group at Trinity Presbyterian Church?**

Community Groups are basic Christian communities. Believing that getting to know Jesus and falling in love with him are activities best carried out in a community context, Community Groups provide that context. They are gatherings of 6 to 12 people meeting in homes and apartments throughout the city during the week. In Community Groups, people come to know God and to experience His presence, community is developed and fostered, and people are nurtured, equipped and released for God's work in the world. They provide an opportunity for intimacy, mutual support, practical love and service, learning about the Christian faith, prayer, and sharing of what we see God doing in our midst.

**What is the Purpose of Community Groups?**

A place to meet and experience Jesus Christ in our midst through mutual ministry  
A place for fellowship and friendship  
A place where gifts are exercised  
A place to discover Christianity

**What happens during a Community Group Meeting?**

Worship – Experiencing the Worth of God and freely giving ourselves to Him  
Sharing – Learning to tell the story of our journey with God  
Sermon Application – Reflecting together on what God has given us from His Word during Corporate Worship  
Prayer – Talking with God  
Mission – Having experienced God's love, we now go to love our neighbor with the love we have from God

**How do they fit in at Trinity as a whole?**

Community Groups are the *primary place for pastoral care at Trinity*. Churches do one of two things: They either practice systematic care and encouragement of the congregation or systematic neglect of the congregation. Our network of community groups is the means through which we seek to practice the former. While some congregations may have small groups, our congregation is small groups. Our network of Community groups serves as the nervous system of our church. In them, the gospel is used to motivate people towards a richer relationship with God. In them, the gospel is used as a balm to apply to the wounds we incur in this broken world. In them, the gospel is used to call and motivate people into the service of God's kingdom: In response to God's grace, people are urged to develop lives of moral beauty, integrity and other-centeredness and to discover and use their gifts to carry out ministry both within the congregation and to the world.

**The Context of Change: The Worshiping Community**

Worshiping God enables us to see the beauty of God and the beauty of godliness. When we worship, we find that our love for God deepens and the hold that other things have on us loosen. When we worship, we find that it changes what we want: we want God and we want to please him more than we want and desire other things. Regularly worshipping God with the larger church, in small groups and on a daily basis as an individual is indispensable if our lives are to change.

**Growth by Multiplying New Groups**

Trinity's primary vision is that by multiplying groups we are able to increase our capability as a church to care for people. When people are not involved in significant Christian relationships, like Community Groups, it greatly inhibits Christian maturity. Currently many of our friends at Trinity fall outside this kind of caring and encouraging community. For this reason, we consider it imperative to develop new leaders and expand the number of groups. We are not concerned with multiplying groups as an end in itself. We want to increase the number of groups because we want to provide quality personal care and community life for those who are part of our network of friends. As long as we have too few groups, Trinity, Lakeland and Polk County will fail to be as effective as we might be. If we are going to be successful at multiplying groups, then we will need to cast a vision that will make people enthusiastic and committed to these things. If this vision casting is neglected, the resistance to multiplying groups will prove too strong to overcome.

**Bonus: Reading from Westminster Larger Catechism Questions 115-121 4<sup>th</sup> Commandment**

**Question 115:** Which is the fourth commandment? **Answer:** The fourth commandment is, Remember the sabbath day, to keep it holy. Six days shalt thou labor, and do all thy work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.

**Question 116:** What is required in the fourth commandment? **Answer:** The fourth commandment requires of all men the sanctifying or keeping holy to God such set times as he has appointed in his Word, expressly one whole day in seven; which was the seventh from the beginning of the world to the resurrection of Christ, and the first day of the week ever since, and so to continue to the end of the world; which is the Christian sabbath, and in the New Testament called the Lord's Day.

**Question 117:** How is the sabbath or the Lord's Day to be sanctified? **Answer:** The sabbath or Lord's day is to be sanctified by an holy resting all the day, not only from such works as are at all times sinful, but even from such worldly employments and recreations as are on other days lawful; and making it our delight to spend the whole time (except so much of it as is to be taken up in works of necessity and mercy) in the public and private exercises of God's worship: and, to that end, we are to prepare our hearts, and with such foresight, diligence, and moderation, to dispose and seasonably dispatch our worldly business, that we may be the more free and fit for the duties of that day.

**Question 118:** Why is the charge of keeping the sabbath more specially directed to governors of families, and other superiors? **Answer:** The charge of keeping the sabbath is more specially directed to governors of families, and other superiors, because they are bound not only to keep it themselves, but to see that it be observed by all those that are under their charge; and because they are prone oftentimes to hinder them by employments of their own.

**Question 119:** What are the sins forbidden in the fourth commandment? **Answer:** The sins forbidden in the fourth commandment are, all omissions of the duties required, all careless, negligent, and unprofitable performing of them, and being weary of them; all profaning the day by idleness and doing that which is in itself sinful; and by all needless works, words, and thoughts, about our worldly employments and recreations.

**Question 120:** What are the reasons annexed to the fourth commandment, the more to enforce it? **Answer:** The reasons annexed to the fourth commandment, the more to enforce it, are taken from the equity of it, God allowing us six days of seven for our own affairs, and reserving but one for himself, in these words, Six days shalt thou labor, and do all thy work: from God's challenging a special propriety in that day, The seventh day is the sabbath of the Lord thy God: from the example of God, who in six days made heaven and earth, the sea, and all that in them is, and rested the seventh day: and from that blessing which God put upon that day, not only in sanctifying it to be a day for his service, but in ordaining it to be a means of blessing to us in our sanctifying it; Wherefore the Lord blessed the sabbath day, and hallowed it.

**Question 121:** Why is the word Remember set in the beginning of the fourth commandment? **Answer:** The word Remember is set in the beginning of the fourth commandment, partly, because of the great benefit of remembering it, we being thereby helped in our preparation to keep it, and, in keeping it, better to keep all the rest of the commandments, and to continue a thankful remembrance of the two great benefits of creation and redemption, which contain a short abridgment of religion; and partly, because we are very ready to forget it, for that there is less light of nature for it, and yet it restrains our natural liberty in things at other times lawful; that it comes but once in seven days, and many worldly businesses come between, and too often take off our minds from thinking of it, either to prepare for it, or to sanctify it; and that Satan with his instruments much labor to blot out the glory, and even the memory of it, to bring in all irreligion and impiety.

**Warm Up (OPTIONAL) - Read Sermon Passage and Corporate Worship Themes**

We read the sermon passage, storyline and themes to warm our hearts and minds to remember what God has spoken to us in our time together Sunday morning.

**Proclamation of God's Word – David Springer**

Exodus 20:8-11 (ESV)

<sup>8</sup> "Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy."

**The Storyline – Sabbath Rest Promotes Relational Delight!**

The Sabbath is simply "date day with God". A day to set aside to and to worship and glorify him accordingly, by thinking, meditating, remembering, highly esteeming, honoring, adoring, choosing, loving, desiring, fearing of him; believing him; trusting, hoping, delighting, rejoicing in him; being zealous for him; calling upon him, giving all praise and thanks, and yielding all obedience and submission to him with the whole man; being careful in all things to please him, and sorrowful when in anything he is offended; and walking humbly with him.

How great is that! Talk about a benefit plan. Just think of it. After 350 years of working 7 days of week (365 days per year) which means they worked as slaves for 127,750 days in a row! And now in God's Kingdom Economy it is work 6 then 1 day to be idle so they could Rest and Reflect.

No wonder Moses and the Israelites found God to be merciful and gracious, always abounding in steadfast love and slow to anger. One of the reasons is he gave them rest. He gave them the gift of a whole day off to creatively enjoy Him together.

**Themes**

- |                |                   |               |
|----------------|-------------------|---------------|
| • Sabbath      | • Work            | • Busyness    |
| • Overload     | • Remember        | • Selfishness |
| • Restlessness | • Rules, Religion | • Pride       |
| • Rest         | • Culture         | • Unbelief    |

## 1. Launchers : Sabbath Rest

- What are your daily, weekly, monthly and annual rhythms?
- What are your favorites?
- What are your Sabbath rhythms?

## 2. Worship God – For God said, “Be perfect as I am perfect.”

Remember the glory and wonder of the great and grand 10 Commands of God. First read and praise God for what the commands say about Him. Then read the commands and praise God for what they say about us.

Exodus 20:1–17 (ESV) **The Ten Commandments**

**20** And God spoke all these words, saying,

<sup>2</sup> “I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.

<sup>3</sup> “You shall have no other gods before me.

<sup>4</sup> “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. <sup>5</sup> You shall not bow down to them or serve them, for I the LORD your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, <sup>6</sup> but showing steadfast love to thousands of those who love me and keep my commandments.

<sup>7</sup> “You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes his name in vain.

<sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy.

<sup>12</sup> “Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you.

<sup>13</sup> “You shall not murder.

<sup>14</sup> “You shall not commit adultery.

<sup>15</sup> “You shall not steal.

<sup>16</sup> “You shall not bear false witness against your neighbor.

<sup>17</sup> “You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor’s.”

### **3. Sermon Reflection: The Sabbath as Rhythm**

#### **Introduction: Reasons for Restless Overload**

- Information Overload
- Opportunity Overload
- Relational Overload
  - Which of the three tends to cause you the most unrest?
  - What is the fruit of repentance and faith in these areas for you?

#### **God's Good Rhythm**

God made Sabbath Rest

God modeled Sabbath Rest

God mandated Sabbath Rest

- How have you experienced fruitfulness in your Sabbath Rest rhythms?
- How have you experienced chaos without Sabbath Rest?
- What does God desire for you by giving you Sabbath Rest?

#### **Our Resistance to Rest – Ask Holy Spirit to reveal to you why you are a Sabbath Resister**

Some Reasons for resistance to Sabbath Rest

- Busyness
- Selfishness – your own way, pleasure
- Pride
- Laziness – Lack of planning
  - What are some other reasons we resist Sabbath Rest?

#### **Called to Repentance and Faith**

- Remember
  - His Time, His Calendar, Make an appointment, Prepare
- Cease from Work – Do what is life Giving and not life draining?
- Set Apart the Sabbath as Holy – Make Date Day with God special, Pray, Read, Reflect
  - What is God putting on your heart for Sabbath Rest repentance?
  - How will you grow in faith as you Sabbath Rest?
  - What will you gain? What will it cost you to Sabbath Rest?

### **4. Kingdom Centered Prayer:**

#### **YOU CAN PRAY WITH US ...**

1. Worship the Father for His good design! Celebrate His work and His invitation to rest with Him!
2. Do you delight in spending time with the Lord? What are the reasons for your restlessness? Confess your pride and unbelief to Him.

3. Give thanks to Jesus for His example of work, rest and worship. Thank God for the eternal rest that awaits us in heaven!
4. Who do you know that resists God's invitation to rest and instead is prone to laziness or exhaustion? Pray for them and ask that the Lord and His commandments would become a delight to them.
5. Ask the Holy Spirit for the desire to rest in the Lord. Pray for wisdom regarding how to remember the Sabbath, how to keep it holy and how to establish healthy rhythms of spiritual rest.

## **5. Mission: Remember the Sabbath Day, Sabbath Rest Rhythms**

Christians are people on mission. Christian's "Sabbath Stop" so they can wonder. We are on mission to help our friends and enemies "practice remembering in their Sabbath Stopping" how and why we are made. Sabbath stopping. Stopping the usual to realize and wonder at the exceptional.

The Culture of our home:

- Rest or Restlessness?
- What is the challenge to changing the culture of your home?
- What is your role in changing the culture of your home?
- What are the practices or rhythms you have in place in your life to wonder at God?

## **6. Jesus From Others**

Close your time together in letting each person share something they came to love about Jesus from something someone in the group shared during your time together.

- What do you love more about Jesus from what someone shared during our CG tonight?