

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

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 4th 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 – Tim Rice

The Storyline – Read the questions from the Larger Catechism. They are fantastic

Themes

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| • Rest | • Trust | • Soul Rest |
| • Sabbath | • Work | • Come to Me |
| • Busy | • It is finished | • Yoke |
| • Amusement | • Gentle and Lowly | • Time |
| • Mana | • Invitation | • Lord of the Sabbath |

1. Launchers: The Sabbath Rest

- How would you relate your relationship with rest?
- How do you intentionally “keep the Sabbath holy”?
- What is the cost? What is the benefit?

2. Worship: Come to Me and I will give you rest for your soul

Worship God by reading these Psalms from Saturday’s CBR. Read and let your hearts find rest in our Good Shepherd. Read and look to Jesus who makes us lie down. Worship in silence as you consider the week ahead and the opportunities in the week to come to look to Jesus and yoke yourself to Him as you labor.

The LORD Is My Shepherd

23 A PSALM OF DAVID.

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| <p>¹ The LORD is my shepherd; I shall not want.</p> <p>² He makes me lie down in green pastures.
He leads me beside still waters.</p> <p>³ He restores my soul.
He leads me in paths of righteousness for his name’s sake.</p> <p>⁴ Even though I walk through the valley of the shadow of death,
I will fear no evil,
for you are with me;</p> | <p>your rod and your staff,
they comfort me.</p> <p>⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.</p> <p>⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
forever.</p> |
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My Help Comes from the LORD

121 A SONG OF ASCENTS.

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| <p>¹ I lift up my eyes to the hills.
From where does my help come?</p> <p>² My help comes from the LORD,
who made heaven and earth.</p> <p>³ He will not let your foot be moved;
he who keeps you will not slumber.</p> <p>⁴ Behold, he who keeps Israel
will neither slumber nor sleep.</p> <p>⁵ The LORD is your keeper;</p> | <p>the LORD is your shade on your right hand.</p> <p>⁶ The sun shall not strike you by day,
nor the moon by night.</p> <p>⁷ The LORD will keep you from all evil;
he will keep your life.</p> <p>⁸ The LORD will keep
your going out and your coming in
from this time forth and
forevermore.</p> |
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3. Sermon Reflection:

WHY ARE WE RESTLESS?

- Why is rest a struggle?
- What drives your busyness?
- How much is your restlessness driven by our culture?

HOLY REST

- Why can Jesus secure us like no one else?
- What changes in your life when you trust the work of Jesus rather than your own?

WHY REST AT ALL?

- Why is it significant that God marked off rest from our very creation?
- Sabbath, date day with God, what needs to change for you to have a Sabbath rest in Jesus?

4. Kingdom Centered Prayer:

YOU CAN PRAY WITH US...

1. Worship the LORD for how He is worthy of our worship every minute of every day. Praise Him, Father, Son and Holy Spirit for how His grace brings us true and enduring rest, and that we mark this 1 day in 7.
2. How have you lived as if something other than Jesus marks your time and purpose? Confess your pride and foolishness to Jesus, asking Him to forgive you and to help you submit to His design and wisdom.
3. Give thanks to Jesus for how He has worked to bring us real rest and renewal. Thank Him for His good design wherein we live in a fruitful cycle of work, rest, and worship.
4. Who do you know that is a workaholic or rebels at the thought of being told how to spend their time? Pray for them, asking the Lord to have mercy upon them, and to open their eyes to His rule as *Lord of the Sabbath*.
5. Ask the Holy Spirit for wisdom as to how to honor the Sabbath. Pray for a soft heart to turn away from self-will, and for insight into what God's Word teaches us about the value of work, rest, and worship.

5. Mission: Greatest Invitation Ever – Who can you invite this week?

Christians are inviters. The invitation to follow Jesus is the invitation to the Grand Adventure of God Himself. So, let's invite someone this week to follow Jesus. What fun!

- What can you invite folks to this week?
- Where are you going this week and who can you invite?
- Invite someone to church, Bible Study, to go for a walk, to coffee or lunch.

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?