

# Make Church a Part of Your Life

## WEEKLY SERMONETTE

### “Work – Rest – Worship”

By Larry Lyles, Senior Minister, Norton Christian Church

Exodus 20:8-11 says “Remember the Sabbath day by keeping it holy.” 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, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.<sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

God knows that all of us need a balance in our lives between work and rest. He knew that man needed time away from the daily grind of the work week, so he gave us these words. He is saying there are times that our bodies just need to stop. In these words written God seems to address three things.

• Work... every person needs to work. Work allows us the ability to achieve. If you work hard, it makes all the difference in the world. Do you work hard? You might ask yourself questions like: Am I dependable? Am I reliable? Am I diligent? Am I trustworthy? Do I arrive early? Do I give an honest, focused

hour of work, for an hour’s pay? Work allows us to provide for our family. In 2 Thessalonians 3:10 it says, “If a man will not work, he shall not eat.” So work is an important part of our lives.

• Rest... someone said, “This

is the age of the half read page, quick hash, mad dash, the bright night, nerves that are tight, the plane hop, the brief stop, the lamp tan, in a short span, a big shot, in the right spot, the brain strain, and the heart pain, the cat

naps, till the spring snaps, and then the fun is gone.” God gave us an owner’s manual when he wrote the Bible, and He is advising us to find a balance between work and rest. After the French revolution the French went to a 10 day work week. The people developed so many problems that they went back to the normal 7-day week, allowing time to rest. Remember that rest should also be a part of your life.

• Worship... yes, I do think the Lord was also asking us to stop and worship Him. The psalmist used the words, “Be still, and know that I am God.” I love Sunday! I enjoy so much going to church. A young man observed a large group of horses out grazing by the coal mines. He asked, “What are those horses used for?” The response came, “We use them in the mines six days a week, if we didn’t bring them out on Sunday they would go blind.” Don’t go blind to knowing and worshipping our Lord. Our forefathers called it the Holy Sabbath, our grandparents called it the Lord’s Day. Our parents called it Sunday. We call it the weekend. What will the next generation call it? Hope to see you at church Sunday!

## Compliments

*We can all use a compliment every now and then. A pat on the back, a “well done”, “I appreciate you”, “I’m proud of you”, are all beautiful words to the ears of anyone from eight to eighty. An expression of praise or encouragement makes a difference. Proverbs 25:11 says, “A word fitly spoken is like apples of gold in a setting of silver.” Go to your house of worship to praise God; go into the world and offer praise and encouragement to those around you!*



Photo credit: ©iKleen

Weekly Scripture Reading						
Job	Job	Job	Job	Job	Job	Job
32.1-22	33.1-33	34.1-37	35.1-16	36.1-33	37.1-24	38.1-41

Scriptures Selected by The American Bible Society  
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