

February 02, 2025

## Melbourne Church of Christ

*"A family of believers seeking to grow spiritually while sharing Jesus and serving others."*

### Rest

by Billy Swan

As I write these words on vacation, I confess to be thoroughly enjoying a good rest—the break from routine, appointments, meetings, not setting the alarm clock, etc. Yet the one thing I cannot take a break from is prayer. Why? Because prayer is a time not of work but of rest. We would be exhausted without it. Unless we rest in him, then no amount of entertainment, thrills, or new experiences will ever provide the essential rest we need.

God asks his people to rest on the Sabbath day, not to be free to do nothing but have the time to worship. Rest is linked with prayer (Ex. 20:10; Lev. 23:3). Worship and prayer help us to rest and recover: "The Sabbath was made for man, not man for the sabbath" (Mark 2:27-28). In the story of the Exodus, God leads his people towards the promised land, which is described as "the place of rest" (Deut. 12:19; Ps. 95:11). In Psalm 23, the Good Shepherd is the one who "revives my drooping spirit" (23:3) for "only in God will my soul be at rest, from him comes my salvation" (Ps. 62:1). Being at rest also comes with doing God's will and following the path he has marked out for us: "Thus says the Lord, stand by the roads, and look, and ask for the ancient paths, where the good way is; walk in it, and you will find rest for your souls" (Jer. 6:16).

Jesus invites to come to him "all you who labor and are burdened I will give you rest" (Matt. 11:28). Jesus instructs his disciples, "come with me by yourselves to a quiet place and get some rest" (Mark 6:31). Note how the experience of genuine rest is *with* Christ. This is seen again in a beautiful scene in John's Gospel when the beloved disciple reclines on Jesus' chest in a moment of both rest and loving union (John 13:23). In Hebrews, we are taught to regularly leave behind work "for anyone who enters God's rest also rests from their works just as God did from his. Let us therefore make every effort to enter that rest" (Heb. 4:11). Continued....

The Encouragement Group meets on Thursday's at 9 a.m. in the fellowship hall. Come serve with us as we reach into our community!

Sunday Classes 9:15 a.m.  
Sunday Worship 10:10 a.m.  
Wed. Services 6:00 p.m.

Visitors, please take a card from the back of the pew, fill it out, and put it in the offering tray. We are glad you're here and want you to know that you're welcome in the family of Christ that meets here!

Listen to sermons at [Melbournechurchofchrist.com](http://Melbournechurchofchrist.com)

### Elders

Danny Brightwell 291-3439  
Alan Love 243-4608

David Brightwell 307-5714  
Shelby Qualls 291-7424

### Deacons

Joe Cooper 291-4653  
Dalton Grigg 421-6240  
Rusty Treat 373-1884

### Minister

Ryan Lloyd 217-1109  
Melbourne CoC  
Box 267  
Melbourne, AR

## Family News

- Introducing Esme' Marie Love | Born Jan. 18, 2025 | 8 lbs. 1 oz. 20.5 in. Welcomed with love by proud parents Derek and Allison.



- Jessica Wortham was baptized Wednesday night, Jan. 22<sup>nd</sup>. Congratulations Jessica! "We have been buried with Christ Jesus through baptism into death, so that as Christ was raised from the dead through the glory of the Father, we too might walk in newness of life." Rom. 6:4
- Dave Smith passed away on Wednesday. Please keep Debbie Lord and his daughter Shallon in prayer.
- There is a sign-up sheet in the foyer for opportunities to serve.

