



WEEK TWO:
REST AND RECOVERY
Genesis 2:2-3
Exodus 20:8-11
Matthew 11:28-29

A. Spiritual Fitness Requires Intentional Rest.

- 1. Intentional rest is a creation event principle.
“And on the seventh day God finished His work that He had done, and He rested on the seventh day from all His work that He had done. So God blessed the seventh day and made it holy, because on it God rested from all His work that He had done in creation.” Genesis 2:2-3 (ESV)
- 2. Intentional rest is a declaration of trust.
“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, 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. 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.” Exodus 20:8-11 (ESV)
- 3. Intentional rest is found in a person.
““Come to Me, all who labor and are heavy laden, and I will give you rest. 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.” Matthew 11:28-29 (ESV)

Notetakers are History Makers:

B. Did the law of the Sabbath Day rest change with the New Covenant?

- 1. The Old Covenant: Rest as a Covenant Command and Shadow
“And the Lord said to Moses, ‘You are to speak to the people of Israel and say, ‘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. You shall keep the Sabbath, because it is holy for you.’” Exodus 31:12-14a (ESV)
- 2. The New Covenant: Rest as a Person (Jesus Christ)
“And He said to them, ‘The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.’” Mark 2:27-28 (ESV)
- 3. Does there still need to be a day set aside for God?
“He disarmed the rulers and authorities and put them to open shame, by triumphing over them in Him. Therefore let no one pass judgement on you in regard to a festival of food and drink, or with regard to a festival or a new moon or a Sabbath.” Colossians 2:15-16 (ESV)

Notetakers are History Makers:

C. YOUR SPIRITUAL WORKOUT



1. GET STARTED

Take the first step
Challenge: Set aside a non-negotiable 2-hour window this week to completely disconnect from work, social media, and digital distractions to intentionally rest.



2. COMMIT TO IT

Make it a habit
Challenge: The “Every” Strategy. Every-day, Every-week, Every-month, Every-Quarter, Every-Year.



3. INCREASE INTENSITY

Go deeper
Challenge: Conduct a “soul audit” during your Sabbath rest—journaling and praying through areas of burnout, anxiety, or performance-driven striving, and surrendering them to Jesus.

Bottom Line:

The Old Testament commanded a day; the New Testament gives us a Savior.

To begin a relationship with Jesus...
Text: “Jesus” to 570-273-0088

Next Sunday:

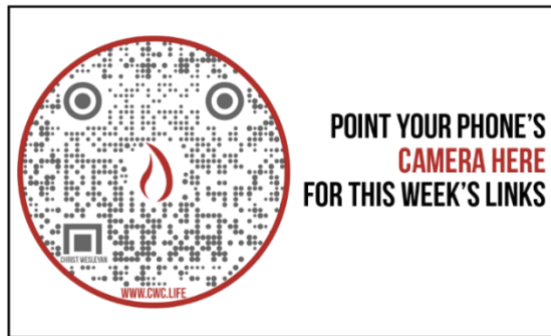
Spiritually Fit – Biblical Disciplines that Get Results

Week 3: Prayer and Fasting

Matthew 6:17-18, Philippians 4:6-7, 1 Thessalonians 5:16-17

Milton Campus: Pastor Branden Mestach

Sunbury Campus: Pastor Drew Lahr



Giving & Attendance Update

Giving last Sunday: 117.8%

Giving year to date: 91.1% of goal

Attendance Last Weekend: 1,772

Salvations to date: 49 | Baptisms to date: 55

Upcoming Happenings:

September 13 – November 22 - Marriage Matters:
Intentionally Growing Healthy Relationships
(During First Service)

Wednesday, 9/16 - 6:30pm Midweek Adult Groups begin meeting

Friday, 9/18 – 6:30pm Classics Fall Kickoff Dinner

Sunday, 10/4 - After 2nd service. Next Welcome Party!

Friday, 10/9 - 6:00pm Classics Mark Cable Concert, Youth Center

Sunday, 10/11 - 10:45am Baptism Class for 10/25 Baptism service

Saturday, 10/17 - 9:00am Soul Sisters DIY Painting, Youth Center

“Reach the One” Campaign Update

485 Total Participants

\$4,000,000 – Giving Goal by Nov. 2027

\$2,514,249.46 - Donations Anticipated by Nov. 2027

\$2,181,321.28 - Received Donations – 55% of \$4M Goal

Want to pledge, donate, or learn more?

Scan:



Looking for your next step at CWC?

Welcome Party: 1st Sunday of Every Month

- *If you are new* or if you’ve been around a bit and are looking to build friendships with others, our Welcome Party is for you! **Get to know others** who are newer at CWC as well as our welcome team and our pastors in a relational environment. There will be light refreshments and the opportunity to hear about our small groups, baptism, and your next step of Growth Track. If you’re asking the question, “*How can I make friends here?*” then this is for you! No registration is required, you can just show up. Look for the signs on the first Sunday of the month.

Growth Track: 3-week classes/Sunday morning in-person and Wednesday evening online

- Growth Track exists to help you learn about the vision of CWC, the gifts God has given you, and how you can use them in specific opportunities to serve His church. The classes will guide you to not only become a vital part of our ministries, but more importantly, how to use what you learn to continue growing in your faith to share with others. We are excited to now have online-facilitated evening classes in addition to the existing in-person Sunday class opportunities. You can see what classes are available by going to cwclife.churchcenter.com/registrations and select the Next Steps filter.

Membership Class: Once a quarter on Sundays after 2nd service

- Membership class is the last step of fully assimilating at CWC. Learn about our denomination, The Wesleyan Church and the bigger movement we are a part of across the world. This 3-hour class with the lead pastor provides you a place to **ask important questions about our beliefs as a church** and allows you to become eligible for our local board of administration. You also become eligible for denominational events like our district and general conferences. To sign up for our next class, let us know at the Hub or email: loretta.paulhamus@cwclife