

Abiding in the Vine: Sabbath Rest

Hebrews 4:9-11 ~ October 15, 2023
Cedarville United Presbyterian Church
Rev. Anne Horton

⁹ So then, a sabbath rest still remains for the people of God; ¹⁰ for those who enter God's rest also cease from their labors as God did from his. ¹¹ Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs.

INTRODUCTION

Last week...

- Why might we need to forgive ourselves?
- Steps of self-bitterness
- We have to “receive” forgiveness
- Questions...
 - What are you holding against yourself?
 - Are you genuinely repentant whatever that was?
 - Can you accept *and* receive that God cancelled that in your life because He loves you?

Today: resting in God

POST-PANDEMIC SOCIETY

John Eldredge, *Resilient: Restoring Your Weary Soul in These Turbulent Times*, (pp. x-xiii)

We entered the COVID-19 pandemic of 2020 worn out by the madness of modern life...What began in 2020 was a shared experience of global trauma—tension around masks, quarantines, vaccines, school closures...

Journalist Ed Yong said, “Some will recover uneventfully, but for others, the quiet moments after adrenaline fades and normalcy resumes may be unexpectedly punishing.” Laura Lipsky, the director of the Trauma Stewardship Institute, told me, “As hard as the initial trauma is, it’s the aftermath that destroys people.”

Right now we’re in a sort of global denial about the actual cost of these hard years (which are not over). We just want to get past it all, so we’re currently trying to comfort ourselves with some sense of recovery and relief...

HOW ARE YOU?

Various studies

How are you doing? If you are in the workforce, you may very well be struggling. You are doing the best you can, but you just don’t feel like you did before the pandemic.