



**May 25, 2025**

## The Life of Rest

*Free Grace Presbyterian Church*

## SOME THOUGHTS FOR REFLECTION:

"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. For my yoke is easy, and my burden is light."

**Matthew 11:28–30**

The Christian really has a double task. He has to practice both God's holiness and God's love.

Francis Schaeffer  
20<sup>th</sup>-century Presbyterian pastor and apologist

And one of them, a lawyer, asked him a question to test him. "Teacher, which is the great commandment in the Law?" And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets."

**Matthew 22:35–40**

Salvation rest is living in God's presence, feeling the warmth of his love, trusting the strength of his hands to hold us forever.

Richard Phillips  
Presbyterian pastor

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."

**John 13:34–35**

The Christian altar was the sacrifice of Christ, the benefits of which were eternally accessible to them.

F. F. Bruce  
20<sup>th</sup>-century Scottish biblical scholar

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

**1 Peter 2:9–10**

Advice is not teaching; it merely engages the attention and arouses us; it concentrates the memory, and keeps it from losing its grip.

Seneca  
1<sup>st</sup>-century Roman philosopher and statesmen

# GOD SUMMONS US BY HIS GRACE

**Leader:** You have come to Mount Zion, to the city of the living God, the heavenly Jerusalem, and to countless thousands of angels in a joyful gathering. You have come to the assembly of God's firstborn children, whose names are written in heaven.

Hebrews 12  
(New Living Translation)

**People:** **We have come to God himself, who is the judge over all things.**

**Leader:** You have come to Jesus, the one who mediates the new covenant between God and people, and to the sprinkled blood, which speaks of forgiveness.

**People:** **Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!**

Psalms 95

## We come to the Lord and praise him

"Praise to the Lord, the Almighty"

1. Praise to the Lord, the Al - might - y, the King of cre - a - tion!  
2. Praise to the Lord, who o'er all things so won - drous - ly reign - eth,  
3. Praise to the Lord, who doth pros - per thy work and de - fend thee.  
4. Praise to the Lord! O let all that is in me a - dore him!

O my soul, praise him, for he is thy health and sal - va - tion!  
shel - ters thee un - der his wings, yea, so gent - ly sus - tain - eth.  
Sure - ly his good - ness and mer - cy here dai - ly at - tend thee.  
All that have life and breath, come now with prais - es be - fore him!

All ye who hear, now to his tem - ple draw near;  
Hast thou not seen how all thy long - ings have been  
Pon - der a - new what the Al - migh - ty can do,  
Let the a - men sound from his peo - ple a - gain;

praise him in glad ad - or - a - tion.  
grant - ed in what he or - dain - eth?  
if with his love he be - friend - thee.  
glad - ly, for, aye, we a - dore him.

Worship is not an appendix tacked on to the end of our week. Rather, we begin our week in worship and propel outward with our lives as an extension of it.

Because he holds  
fast to me in love, I  
will deliver him; I  
will protect him,  
because he knows  
my name. When  
he calls to me, I  
will answer him; I  
will be with him in  
trouble; I will  
rescue him and  
honor him. With  
long life I will  
satisfy him and  
show him my  
salvation.

Psalms 91

# "Call Jehovah Your Salvation"

1. Call Je - ho - vah your sal - va - tion, rest be - neath th'Al - migh - ty's shade;  
 2. From the sword at noon-day wast-ing, from the noise-some pes - ti - lence,  
 3. Since, with pure and firm af - fec - tion you on God have set your love,

in his se - cret hab - i - ta - tion dwell, and ne - ver be dis - mayed:  
 in the depth of mid - night blast - ing, God shall be your sure de - fense:  
 with the wings of his pro - tec - tion he will shield you from a - bove:

there no tu - mult shall a - larm you, you shall dread no hid - den snare:  
 he shall charge his an - gel le - gions, watch and ward o'er you to keep;  
 you shall call on him in trou - ble, he will hear - ken, he will save;

guile nor vi - o - lence can harm you, in e - ter - nal safe - guard there.  
 though you walk through hos - tile re - gions, though in des - ert wilds you sleep.  
 here for grief re - ward you dou - ble, crown with life be - yond the grave.

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# GOD SANCTIFIES US BY HIS GRACE

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## God calls us to return to him and to cease from our strivings

Thus said the Lord GOD, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength." But you were unwilling, and you said, "No!"

Isaiah 30

Return, O Israel, to the LORD your God, for you have stumbled because of your iniquity. Take with you words and return to the LORD; say to him, "Take away all iniquity;... we will say no more, 'Our God,' to the work of our hands. In you the orphan finds mercy."

Hosea 14

## We return to God, repenting of our sin

*We use this time in God's presence to confess our sins and our need for God's grace, silently, personally before him alone. We invite you to join us in sorrow over your sin and joy in his grace and mercy in Jesus Christ.*

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.  
Hebrews 4

## God declares healing and rest in Jesus Christ for all who return to him

The LORD is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us...

Psalms 103

In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

1 John 4

I have loved you  
with an everlasting  
love; therefore I  
have continued  
my faithfulness to  
you.  
Jeremiah 31

## We rest in God's certain, unchanging love and cry out to return it

"O Love That Will Not Let Me Go"

1. O Love that will not let me go, I  
 2. O Light that fol - low'st all my way, I  
 3. O Joy that seek - est me through pain, I  
 4. O Cross that lift - est up my head, I

4  
 rest my wea - ry soul in thee; I give thee back the  
 yield my flick - 'ring torch to thee; my heart re - stores its  
 can - not close my heart to thee; I trace the rain - bow  
 dare not ask to fly from thee; I lay in dust, life's

7  
 life I owe, that in thine o - cean depths its flow may  
 bor - rowed ray, that in thy sun - shine's blaze its day may  
 through the rain, and feel the prom - ise is not vain that  
 glo - ry dead, and from the ground there blos - soms red life

10  
 rich - er, full - er be.  
 bright - er, fair - er be.  
 morn shall tear - less be.  
 that shall end - less be.

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## GOD SPEAKS WITH US BY HIS GRACE

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<sup>28</sup>Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, <sup>29</sup>for our God is a consuming fire.

<sup>1</sup>Let brotherly love continue. <sup>2</sup>Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. <sup>3</sup>Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body. <sup>4</sup>Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. <sup>5</sup>Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." <sup>6</sup>So we can confidently say,

"The Lord is my helper;  
I will not fear;  
what can man do to me?"

<sup>7</sup>Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith. <sup>8</sup>Jesus Christ is the same yesterday and today and forever. <sup>9</sup>Do not be led away by diverse and strange teachings, for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them. <sup>10</sup>We have an altar from which those who serve the tent have no right to eat. <sup>11</sup>For the bodies of those animals whose blood is brought into the holy places by the high priest as a sacrifice for sin are burned outside the camp. <sup>12</sup>So Jesus also suffered outside the gate in order to sanctify the people through his own blood. <sup>13</sup>Therefore let us go to him outside the camp and bear the reproach he endured. <sup>14</sup>For here we have no lasting city, but we seek the city that is to come. <sup>15</sup>Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. <sup>16</sup>Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

<sup>17</sup>Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.

<sup>18</sup>Pray for us, for we are sure that we have a clear conscience, desiring to act honorably in all things. <sup>19</sup>I urge you the more earnestly to do this in order that I may be restored to you the sooner.

Hebrews 12:28-13:19

The penetrating power of the Bible resides not only with its nature as God's Word but also in its purpose in God's hands. It is the Holy Spirit that makes it an active energy within the soul.

The life of rest is a life lived...

1. in worship (**28, 15-16**)

2. in community (**1-5, 7, 16-19**)


3. in Christ (**4-15**)

At some point and  
in some way, a  
sermon has to  
direct people  
toward the death  
of Christ and the  
campaign God  
has waged over  
the centuries to  
get our attention.


Garrison Keillor

We live the life of rest as we live in Christ


"Hide Away in the Love of Jesus"



1.Come wea - ry saints though tired and weak; hide a - way in the  
2.Come wan - dering souls and find your home; hide a - way in the  
3.Come guilt - y ones weighed down with sin; hide a - way in the



love of Je - sus. Your strength will re - turn by his qui - et  
love of Je - sus. He of - fers the rest that you yearn to  
love of Je - sus. The free - dom you long for is found in



streams; hide a - way in the love of Je - sus.  
know; hide a - way in the love of Je - sus. To CHORUS  
him; hide a - way in the love of Je - sus. To CHORUS

CHORUS



Hear him call - ing your name; see the



depths of his love in the wounds of his grace. Hide a - way.



4.Come hope - less hearts do not des - pair; hide a - way in the



love of Je - sus, for ten thou - sand joys a - wait you



there; hide a - way in the love of Je - sus.

"As the Father has loved me, so have I loved you. Abide in my love."  
John 15

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# GOD STRENGTHENS US BY HIS GRACE

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The Lord's Supper is a physical action established by Jesus through which God acts to nourish, sustain, comfort, challenge, teach, and assure us. Celebrating the Lord's Supper nourishes our faith and stirs our imaginations to perceive the work of God and the contours of the gospel more clearly.

## **We come to God and rest as we celebrate the Lord's Supper, proclaiming our life is only found in Christ and his death**

*We celebrate God's free grace to us in Jesus Christ by observing the Lord's Supper each Sunday. We invite to the Lord's Table all who are baptized followers of Jesus Christ under the authority of Christ and his body, the Church. By eating the bread and drinking the cup, you are acknowledging that you are a sinner, without hope except in the sovereign mercy of God, and that you are trusting in Jesus Christ alone for your salvation. If you have any doubts about your participation, please speak to one of the elders after the service.*

Matthew 11:25–30

At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. 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. For my yoke is easy, and my burden is light."

## **We live the life of rest in worship and community as we give our lives to God through giving our offerings and professing our faith**

Leader: What is faith in Jesus Christ?

**People:** Faith in Jesus Christ is a saving grace, whereby we receive and rest upon him alone for salvation, as he is offered to us in the gospel.

Leader: How is he offered to us in the gospel?

**People:** For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life... Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God... For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—but God shows his love for us in that while we were still sinners, Christ died for us. Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God.

Westminster Shorter  
Catechism Question 86

John 3

Romans 5

## We come to Christ to find his rest

"Savior, Like a Shepherd Lead Us"

1. Sav - ior, like a shep-herd lead us, much we need thy ten - der care;  
 2. We are thine; do thou be - friend us, be the guard - ian of our way;  
 3. Thou hast prom - ised to re - ceive us, poor and sin - ful though we be;  
 4. Ear - ly let us seek thy fa - vor; ear - ly let us do thy will;

in thy pleas - ant pas - tures feed us, for our use thy folds pre - pare:  
 keep thy flock, from sin de - fend us, seek us when we go a - stray:  
 thou hast mer - cy to re - lieve us, grace to cleanse, and pow'r to free:  
 bless - ed Lord and on - ly Sav - ior, with thy love our bo - soms fill:

bless - ed Je - sus, bless - ed Je - sus, thou hast bought us, thine we are;  
 bless - ed Je - sus, bless - ed Je - sus, hear, O hear us when we pray;  
 bless - ed Je - sus, bless - ed Je - sus, let us ear - ly turn to thee;  
 bless - ed Je - sus, bless - ed Je - sus, thou hast loved us, love us still;

bless - ed Je - sus, bless - ed Je - sus, thou hast bought us, thine we are.  
 bless - ed Je - sus, bless - ed Je - sus, hear, O hear us when we pray.  
 bless - ed Je - sus, bless - ed Je - sus, let us ear - ly turn to thee.  
 bless - ed Je - sus, bless - ed Je - sus, thou hast loved us, love us still.

He will tend his  
 flock like a  
 shepherd; he will  
 gather the lambs in  
 his arms; he will  
 carry them in his  
 bosom, and gently  
 lead those that are  
 with young.  
 Isaiah 40

# GOD SENDS US BY HIS GRACE

And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

Revelation 21

## We look to the fulfillment of all rest: life eternal in Christ

"On Jordan's Stormy Banks"

On Jor - dan's stor - my banks I stand, and  
All o'er those wide ex - ten - ded plains shines  
No chill - ing winds nor pois - onous breath can  
When shall I reach that hap - py place, and

3  
cast a wish - ful eye to  
one e - ter - nal day; there  
reach that health - ful shore;  
be for - ev - er blessed; when

5  
Ca - naan's fair and hap - py land, where  
God the Son for - ev - er reigns, and  
sick - ness, sor - row, pain, and death are  
shall I see my Fa - ther's face, and

7  
my pos - ses - sions lie. I am  
scat - ters night a - way.  
felt and feared no more.  
in his bos - om rest.

10  
bound, I am bound, I am bound for the prom - ised Land. I am

14  
bound, I am bound, I am bound for the prom - ised Land.

## We rest in God's promise in Jesus Christ

**Leader:** Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever.

**People: Amen**

*Please stay and join us for a time of enjoying each other's company.*

*This is a time to share in life together as the gospel calls us as we reconnect with those we know and as we meet someone new.*



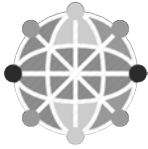


## Welcome to Free Grace

We are a broken church full of broken people. We know we need God's free grace. Some of us have accepted this grace, some are exploring what it's all about. All of us are still trying to understand it. We are a church that seeks to proclaim this free grace of God with both our words and our lives. Not satisfied with simply talking about it, we want to live it out. We invite you to come, explore, and live God's free grace with us.

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### Our Connections



Free Grace is a congregation of the Presbyterian Church in America (PCA), a family of churches that seeks to be faithful to the Scriptures, true to the Reformed faith, and obedient to the Great Commission of Jesus Christ.

### Our Leadership

Free Grace is lead by her elders, men called by God and set apart by the church to care and lead her as individual members, families, and as a whole. Our elders are:

Rev. Dr. Per Almquist  
Brian Cosgrove  
Rev. Adam Lee  
Ken Morris  
Ben Van Dyke



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The mind that comes to rest is tended  
In ways that it cannot intend:  
Is borne, preserved, and comprehended  
By what it cannot comprehend.

Your Sabbath, Lord, thus keeps us by  
Your will, not ours. And it is fit  
Our only choice should be to die  
Into that rest, or out of it.

"Sabbaths"  
Wendell Barry

broken people  
bound together in Christ  
for God's glory

