



Welcome to Women's Bible Study

A Ministry of Autumn Ridge Church

October 6, 2010

Please turn off cell phones as a courtesy to our speakers. Thank You!

ANNOUNCEMENTS

- **SMALL GROUP GATHERINGS:** The first small group brunch/dessert opportunity is approaching on October 20th. Please begin to consider as a group where to meet and who might volunteer to bring food items. Plan to participate as this is an important part of building a small group community! Morning child care will be available on campus as usual. Please return by 11AM to pick up your children if you meet off-site. Evening groups, please keep in mind that there will be NO PM CHILDCARE available since Kids' Club will not be in session due to the MEA break.
- **ALL WBS CHILD CARE:** Please continue to pick your children up in a timely manner at 11:00 AM for the morning session and 7:45 PM for the evening session.
- **PLEASE BE CONSIDERATE OF THE SPEAKER AND OTHERS:** If you bring young children to the lecture portion and your child becomes restless, consider moving to the entrance of the café where your children can roam quietly in the foyer and you are still able to listen to the lecture.
- **ALL WBS WEEKLY MATERIALS:** Announcement/outline page, discussion/study questions, and the printed lecture notes are available within 24 hours of the date of the lecture on our website.
- **QUESTIONS DURING THE WEEK:** Contact Michelle Johnson, ARC Women's Ministry Assistant and WBS Administrative Assistant, 288-8880 or michellej@aridge.org or e-mail us at: wbs@autumnridgechurch.org

Dear Friends,

If we think of the way that all the commandments are interconnected, the fourth commandment helps us understand how to put God first by setting aside a specific day, one in seven, to concentrate on his worship and glory. That doesn't mean at all that we ignore God's glory and don't worship during the other six days, but the idea of a Sabbath day set apart to God gives us the margin we need in our lives to think about eternal things rather than just the rush, rush, rush of normal life.

I think that the busier we are the more appealing the concept of rest becomes – especially rest which is deep, true and needed by our souls. Exodus 20:11 explains why God created a Sabbath day: “For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.” In a sense we're to rest from our labors for two reasons – for God's sake, so that we may learn to put him first in all our days by setting aside one day a week to concentrate on him; and for our sakes, so that we may not come to think we are invincible creatures who can just keep going and going. After all, we were created in his image, and God himself found time to rest and rejoice in his labors.

In the ministry it can be difficult to take a Sabbath day, because we are engaged in leading others in worship. Sunday is definitely a working day in our house, even though it is completely centered on God. In a sense, Monday (John's day off) becomes the Sabbath that God mandated – one day of rest in seven – and we often use it to walk or bike or picnic. On this Monday we cycled from Lanesboro to Preston and enjoyed one of the incredible fall days that God gives to Minnesota. Don't be afraid to rest in the Lord. The Sabbath is one of his great gifts to us.

Your friend,
Gretchen Steer

If you are NEW to Women's Bible Study today or have not registered, please visit us at the registration table so we can place you in a small group (AM) or at a table group (PM) for next week.



Women's Bible Study Weekly Outline

Today's Lecture from Exodus 20:8-11 is by *Lorie Dahlstrom*
App #4: GOD'S REST

- I. **REFLECT** - _____
 - God's Pattern
 - Key Thought –
- II. **REST** - _____
 - Work gift from God
 - Rest in God alone
 - Christ's completed work
 - Key Thought –
- III. **REMEMBER** - _____
 - Keep it holy
 - Remember God's goodness
 - Blessings in obedience
 - Key Thought –
- IV. **REFOCUS** - _____
 - Corporate worship
 - Preparation to serve
 - Key Thought –

CHURCH EVENTS:

- **Improving Your Serve** – We are in week three of a six-week sermon series focusing on serving God and others. If you would like more information about service opportunities available at ARC, please stop by the Ministry Center between or after weekend worship services to speak with someone who can help answer your questions. The focus for service opportunities this past weekend was the children's ministry where we serve over 400 children each week.
- **Food 4 Friends** – October's food of the month is spaghetti and a can of spaghetti sauce. Sorry, we cannot accept glass jars due to the possibility of breakage. Please drop off donated items in the Ministry Center between weekend services or at the ARC reception desk during the week. Food 4 Friends provides food to elementary school children through distribution in backpacks.