

BRIDGING THE GAP

FAIRVIEW HEIGHTS CHURCH OF GOD

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From The Pastor's Desk Cost of Fatigue

According to the National Highway Traffic Safety Administration upwards of 1,800 deaths and 103,000 car accidents each year are caused by dozing drivers. Researchers state that Americans live with a massive sleep debt. The top two reasons for fatigue are the combination of home and outside work and the lack of sleep. We are a perpetually fatigued people. We cheat ourselves when we don't get our rest. Our families suffer for sleep deprivation. So why don't we sleep? God created day and night for a reason. Spiritually speaking, sleep reminds us of the limits of our humanity. Remember in the Creation account what the Lord did on the seventh day. Work some more? Tie up loose ends to prepare for the next week? Strive to meet another deadline? Pull out the Day timer and schedule a new project? NO! On the seventh day God rested! Our fatigue and our incessant activities indicate our own spiritual condition. We too can identify with Jeremiah 50:6 "My people have been lost sheep, their shepherds have caused them to go astray, they have turned them away on the mountains, they have gone from mountain to hill, and they have forgotten their resting place." Like the Israelites of long ago, we forget that God longs to be our resting place. The world says "imitate my rich and famous and you will find fulfillment". We lead others

from mountain to hill and cause them to forget that God is their resting place. Resting means placing ourselves into the hands of God. This means placing our thoughts, emotions, efforts, activities all in His hands. Most of us today run in the fast lane. Physical rest is very important. But in order to keep running we also need an inner rest which is the peace and refreshment that come only from the Lord. Hebrews says it best: "For indeed we have had good news preached to us just as they, but the word they heard did not profit them because it was not united by faith in those who heard. For we who have believed enter that rest. There remains therefore a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works as God did from His. Let us therefore be diligent to enter that rest." So when is the last time you really got alone with God and rested? The only work you are required to do is to give your attention to His still, small voice. In our busy world it is very hard to find time to rest. Jesus did. So then you and I must find the time for quiet rest. The Christian life is a race; it is not how fast you run it, but that you finish the race. So take time to rest in the arms of Jesus and enjoy the journey.

Pastor Clayton

Sermon and Service Outlines November 2007

November 4

**AM Service: "Take Your Shoes Off!"
Exodus 3:5 Pastor Clayton**

**PM Service: Small Groups meet at
6:00 PM**

November 11

**AM Service: "If You Want to Walk on
Water, Get out of the Boat!"
Matt. 14:29 Pastor Clayton**

**PM Service: Small Groups meet at
6:00 PM**

November 18

**AM Service: "True Thanksgiving"
Luke 17:11-19 Pastor Clayton
Communion in the morning service**

**PM Service: Small Groups meet at
6:00 PM**

November 25

**AM Service: Pastor Brian will be peaking
Children's Hand Bells**

**PM Service: "Hanging of the Greens!" at
6:00 PM**

Smiles from the Bible

Q. What do they call pastors in Germany?
A. German Shepherds.

Q. Who was the greatest financier in the Bible?
A. Noah. He was floating his stock while everyone else was in liquidation.

Q. Who was the greatest female financier in the Bible?
A. Pharaoh's daughter. She went down to the bank of the Nile and drew out a little prophet.

Q. What kind of motor vehicles are in the Bible?
A. Jehovah drove Adam and Eve out of the Garden in a Fury. David's Triumph was heard throughout the land. Also, probably a Honda, because the apostles were all in one Accord.

Q. Who was the greatest comedian in the Bible?
A. Samson. He brought the house down.

Q. What excuse did Adam give to his children as to why he no longer lived in Eden?
A. Your mother ate us out of house and home.

Q. Which servant of God was the most flagrant lawbreaker in the Bible?
A. Moses. He broke all 10 commandments at once.

Q. Which area of Palestine was especially wealthy?
A. The area around Jordan. The banks were always overflowing.

Q. Who is the greatest baby sitter mentioned in the Bible?
A. David. He rocked Goliath to a very deep sleep.

Q. Which Bible character had no parents?
A. Joshua, son of Nun.

Editor's Note

Please send articles about your Fall activities and upcoming Holiday events. And please forward interesting stories you think everyone might enjoy. This is your newsletter!

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