



SUNDAY SERMON

RECAP

21 June 2026

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Sermon Notes

Sermon Title: The Seventh Day – God’s intended rhythm

Pastor: John Roebert

Key Scripture: Various

Introduction

Some material used is from Lance Witt ministry called replenish. Helping people live from a healthy soul.

Self care is not selfish it is good stewardship.

We only have one life here on earth. We need to take good care of ourselves so that we can fulfill our destiny effectively.

Rhythm and pace are important in our lives.

Genesis 2:1-3 (NKJV)

The Seventh day is a powerful principle that can have a great impact on our lives.

If you are going to live life at a crazy speed, in overdrive, you will damage your soul. If you embrace Gods ordained rhythm you will experience a healthy life.

Too many people are living in survival mode.

Jesus didn’t live like this. He lived in His Fathers ordained rhythm.

God’s rhythm means:

You work and then you rest.

You produce and then you restore.

You put in effort and then you stop.

Our world

24/7 access

Overwhelmed with options

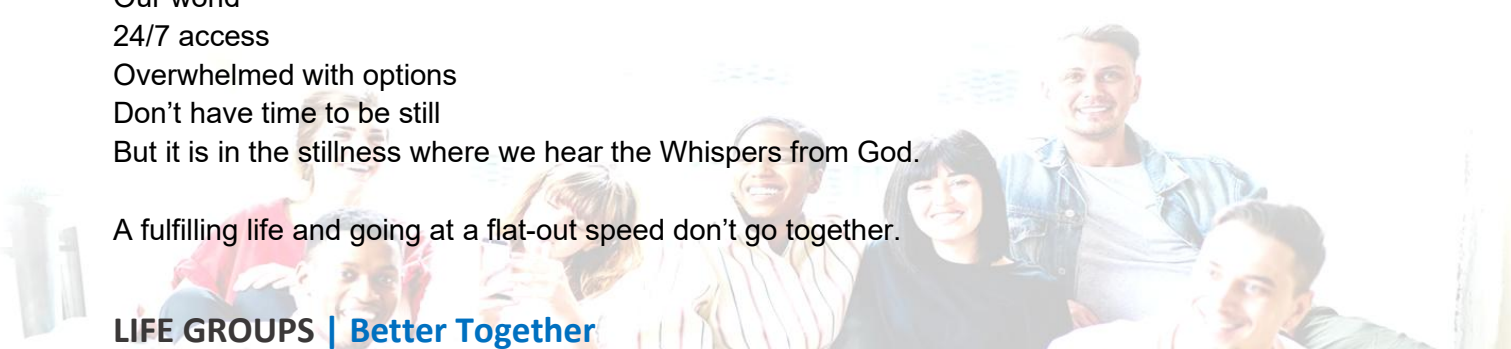
Don’t have time to be still

But it is in the stillness where we hear the Whispers from God.

A fulfilling life and going at a flat-out speed don’t go together.

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LIFE CHANGE HAPPENS BEST IN CIRCLES, NOT IN ROWS.





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If we run too long and too hard your soul will become depleted and dry.
This is not a good place to be.

How is your soul doing?

John Wesley started cottage meetings. Part of the formula was to ask, how is it going with your soul?

Your soul is the unseen eternal real you.

Isaiah 30:15 (NKJV).

We need to keep on returning to God so that we can find our rest and strength in Him.

God has built rhythm into the universe.

Breathing 15 to 16 times per minute.

Average heart rate is 70 to 80 beats per minute.

Tides of the sea ebb and flow with a certain rhythm.

Music is based on rhythm.

Farmers have a rhythm of planting and harvesting.

Leviticus. Even the land should have a rhythm. Everything needs rest. Even the soil needs to take a break.

We were made to live in rhythm. We all need to rest.

If we violate God's rhythm we will pay a price in our body, soul, relationship with God, and in our relationships with others.

There will always be demands and pressures on us. But we need to make time to stop and rest.

Jesus modelled this for us. He regularly took time to rest and be refreshed.

In Mark 1, Jesus is in Capernaum. A busy day of ministry.

He preached in the synagogue.

Demons manifested.

Heals Peter's mother-in-law.

After sunset more people arrived seeking healing and deliverance.

Mark 1:35 (NKJV).

Jesus prioritized rest.

God has given us a valuable practice of Sabbath Rest.





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Sabbath stands apart from the Lord. It was put in place before the Law was given.

The law of Sabbath rest no longer applicable today, but the principle of Sabbath rest applies today. It is a gift to us. This is how we should see it.

Pastor Ed and Pal modelled a day of rest on a Monday. They would:

- Go to a coffee shop.
- Afternoon nap.
- Watering the garden
- Time in his workshop.

Sometimes we need to paint with a different color. Variety can be the spice of life.

Have you thought about the principle of Sabbath rest, or is it largely something you have ignored? Sabbath rest is about stopping.

God didn't rest because He was exhausted. Isaiah 40 says He never gets tired or weary. God rested to set an example for us. You work and then you rest.

Exodus 20:11 (NIV).

God blessed the Sabbath and declared it holy.

The first thing that was blessed and declared holy in the Bible was a time period of 24 hours. He infused the Sabbath with blessing.

Deuteronomy 5:15 (NLT)

When the Israelites were in Egypt, they were slaves and forced to work every single day. But in the wilderness, they were under God's rulership, and He gave them time to stop and rest.

One of the things that make God's people different is that God's people stop.

Don't be so busy with the work of the Lord that we forget the Lord of the works

Some people are workaholics because their value is based on what they produce.

But as God's children our value is based on who we are and whose we are. From that place of security, we work and fulfill the purposes of God for our lives.

1. Decide what day works best for you.
2. Put it in your calendar – a recurring weekly appointment called Sabbath rest.
3. Give yourself permission to stop. No feelings of guilt. A gift from the Lord.
4. Enjoy the day. Isaiah 58:13b-14. (MSG).
5. Enjoy the Lord Ex 16:23. ((NLT). A day set apart to the Lord.