

Pentecost



*oaks parish*

A HOLY COMMON PLACE

## Our Mission

To follow Jesus in making disciples for the flourishing of Portland, the Pacific Northwest, and the world.

## Our Core Values



GOSPEL OF GRACE



FORMATIVE RHYTHMS



FAITHFUL PRESENCE



EXTENDED FAMILY

## Quotes for Reflection

### Mark Buchanan, *The Rest Of God*

We mimic God in order to remember we're not God. In fact, that is a good definition of Sabbath: imitating God so that we stop trying to be God. We mirror divine behavior only to freshly discover our human limitations. Sabbath-keeping involves a recognition of our own weakness and smallness, that we are made from dust, that we hold our treasure in clay jars, and that without proper care we break.

### Dan Allender, *Sabbath*

The Sabbath is an invitation to enter delight. The Sabbath, when experienced as God intended, is the best day of our lives. Without question or thought, it is the best day of the week. It is the day we anticipate on Wednesday, Thursday, and Friday—and the day we remember on Sunday, Monday, and Tuesday. Sabbath is the holy time where we feast, play, dance, have sex, sing, pray, laugh, tell stories, read, paint, walk, and watch creation in its fullness. Few people are willing to enter the Sabbath and sanctify it, to make it holy, because a full day of delight and joy is more than most people can bear in a lifetime, let alone a week.

### Marva Dawn, *Keeping the Sabbath Wholly*

The Sabbath is not a running away from problems, but the opportunity to receive grace to face them.

## Call to Worship

*From Psalm 119:105-112*

Your word is a lamp to my feet  
and a light to my path.

**I have sworn an oath and confirmed it,  
to keep your righteous rules.**

I am severely afflicted;  
give me life, O Lord, according to your word!

**Accept my freewill offerings of praise, O Lord,  
and teach me your rules.**

I hold my life in my hand continually,  
but I do not forget your law.

**The wicked have laid a snare for me,  
but I do not stray from your precepts.**

Your testimonies are my heritage forever,  
for they are the joy of my heart.

**I incline my heart to perform your statutes  
forever, to the end.**

## Songs of Praise

### All Creatures of Our God and King

All creatures of our God and King,  
Lift up your voice and with us sing,  
Oh praise Him, Alleluia!

Thou burning sun with golden beam,  
Thou silver moon with softer gleam.  
Oh praise him, Oh praise him,  
Alleluia, Alleluia, Alleluia!

Thou rushing wind that art so strong,  
Ye clouds that sail in heav'n along,  
Oh praise Him, Alleluia!  
Thou rising moon in praise rejoice,  
Ye lights of evening, find a voice.  
Oh praise Him, Oh praise Him,  
Alleluia, Alleluia, Alleluia!

Let all things their Creator bless,  
And worship Him in humbleness,  
Oh praise Him, Alleluia!  
Praise, praise the Father, praise the Son,  
And praise the Spirit, Three in One.  
Oh praise Him, Oh praise Him,  
Alleluia, Alleluia, Alleluia!

CCLI Song # 1503

Words & Music by St. Francis of Assisi and  
William Henry Draper

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## It Is Well With My Soul

When peace, like a river, attendeth my way,  
When sorrows like sea billows roll;  
Whatever my lot, Thou hast taught me to say,  
“It is well, it is well with my soul.”

It is well (it is well)  
with my soul (with my soul).  
It is well, it is well with my soul!

Though Satan should buffet, though trials should come,  
Let this blessed assurance control,  
That Christ has regarded my helpless estate,  
And hath shed His own blood for my soul.

My sin, oh the bliss of this glorious thought!  
My sin, not in part but the whole,  
Is nailed to the cross, and I bear it no more,  
Praise the Lord, praise the Lord, O my soul!

And Lord haste the day when the faith shall be sight,  
The clouds be rolled back as a scroll;  
The trump shall resound, and the Lord shall descend,  
Even so, it is well with my soul.

CCLI Song # 25376

Words & Music by Horatio Gates Spafford and Phillip Paul Bliss

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## Scripture Reading

### Exodus 20:8-11

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

### Deuteronomy 5:13-15

Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

### Reader:

This is the Word of the Lord

### People:

Thanks be to God!

# Sermon

Bryan Buck: One Day

Sermon Series: Sabbath Rest

## Notes

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**Percentage of people who said the following was completely true:**

- 14% one day a week for rest.
- 21% time each day to spend with God.
- 16% time each day to spend alone.
- 12% time each day for an activity that recharges me.
- 12% time of day when I don't use electronics.

**What do you do on your day of rest (among those who set aside one day a week for rest)?**

- 44% enjoyable work
- 19% no work at all
- 37% non enjoyable work if needs to be done

**Do you take regular breaks from social media?**

- 60% never
- 21% for a while
- 17% permanently
- 11% part of the day
- 5% one day a week

Statistics used are published in “The Techwise Family” by Andy Crouch.  
Data was gathered by the Barna Group.

## Application Questions

1. What keeps you from receiving a day of rest each week as a gift from the Lord?
2. Sabbath rest reminds us of our true identity. What stands out as you consider the Exodus and Deuteronomy passages?
3. What concrete plans can you make this week for yourself, your family, and those you manage at work to help make sabbath rest a permanent fixture in the week?

## Prayer of Confession

Almighty God, on this day, through the outpouring of the Holy Spirit, you revealed the way of eternal life to every race and nation: Pour out this gift anew, that by the preaching of the Gospel your salvation may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

## Silent Confession of Sin

### Assurance of Pardon

*From Acts 2:25-28*

I saw the Lord always before me,  
for he is at my right hand that I may not be shaken;  
therefore my heart was glad, and my tongue rejoiced;  
my flesh also will dwell in hope.  
For you will not abandon my soul to Hades,  
or let your Holy One see corruption.  
You have made known to me the paths of life;  
you will make me full of gladness with your presence.

## Passing of the Peace



## My Help My God (Psalm 42)

Why are you so full of heaviness?  
Why are you disquieted within,  
O my soul, O my soul?

As the deer longs for the water brooks  
So my soul it longs, it thirsts for you,  
O my God, O my God.

Put your trust in God, I will yet give thanks to him.  
Put your trust in God, I will yet give thanks to him.  
Put your trust in God, I will yet give thanks to him.  
My help, my God.

Deep calls unto deep like ocean waves,  
All your floods and rapids on me break,  
Oh my soul, O my soul.  
I will say unto my God, my strength,  
“How is it you have forgotten me?  
O how long? O how long?”

Yahweh grants his kindness in the day.  
Through the night his song, it is with me,  
Oh my God, O my God.

CCLI Song # 7041360

Words & Music by Sandra McCracken

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## Sursum Corda

The Lord be with you.

And also with you.

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is good and right to do so.**

## Communion

Christ has died,  
Christ has risen,  
Christ will come again.

## Benediction

## Doxology

Praise God, from whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost.  
Amen.

Words by Thomas Ken & Music by Louis Bourgeois

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# Prayers for Those Not Communing

## Prayer for Those Searching for the Truth

Lord Jesus, you claim to be the way, the truth, and the life. Grant that I might be undaunted by the cost of following you as I consider the reasons for doing so. If what you claim is true, please guide me, teach me, and open me to the reality of who you are. Give me an understanding of you that is coherent, convincing, and that leads to the life you promise. Amen.

## Prayer of Belief

Lord Jesus, I admit that I am weaker and more sinful than I ever dared confess, but through you I am more loved than I ever dared hope. Thank you for paying my debt on the cross, taking what I deserved in order to offer me complete forgiveness. Knowing that you have been raised from the dead, I turn from my sins and receive you as my Savior and Lord. Amen.

## Prayer for Those Struggling with Sin

Lord Jesus, enable me to see in you the fulfillment of all my true needs, and may I turn from every false satisfaction to feed on you, the true and living bread. Enable me to see that your Gospel is bigger than my sin, and that your work breaks the power of sin as well as freeing me from its penalty. Enable me to lay aside the sin that clings so closely and run with perseverance the race set before me, looking to you, the pioneer and author of my faith. Amen.

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*oaks parish*

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# Oaks Parish: Get Connected

## Welcome

Welcome to Oaks Parish. It is our aim that during this season of heightened awareness and caution regarding COVID-19 that we persist in carrying out our mission and core values to the best of our ability while doing what we can to follow CDC guidelines and keep everyone safe. Our worship service is available online as well as in person.

## Forgot to RSVP?

Please help us adhere to the Multnomah County guidelines for safe gathering. Scan this QR code to RSVP for today!



## OP Kids Volunteering

Sign up to volunteer for OP Kids next fall! For more information, email [emily@oaksparish.org](mailto:emily@oaksparish.org).

## Sunday Social Hour

The last Sunday Social Hour of the spring will be on May 30! Stop by for coffee, donuts, and fellowship outside. With questions, email [amanda@oaksparish.org](mailto:amanda@oaksparish.org).

## Summer Community Life

We are thrilled to announce a packed calendar of exciting Community Events this summer! To learn more about each event or find sign up information, scan the QR code or visit [oaksparish.org/community](http://oaksparish.org/community).



You can find information about: Summer Supper Clubs (today is the last day to sign up!), Men's and Ladies Nights, Golf League, Revelation Reading, and more!

## Oaks Parish Podcast

Tune into the newly relaunched Oaks Parish Podcast! Visit [oaksparish.org/sermons](http://oaksparish.org/sermons). Subscribe on Spotify and Google Podcasts; Apple Podcasts coming soon!

## New Giving Platform

We have introduced a new giving software to Oaks Parish! Check it out at [oaksparish.org/give](http://oaksparish.org/give) or text OAKS PARISH to 77977. Remember to change over your recurring giving by June 15!