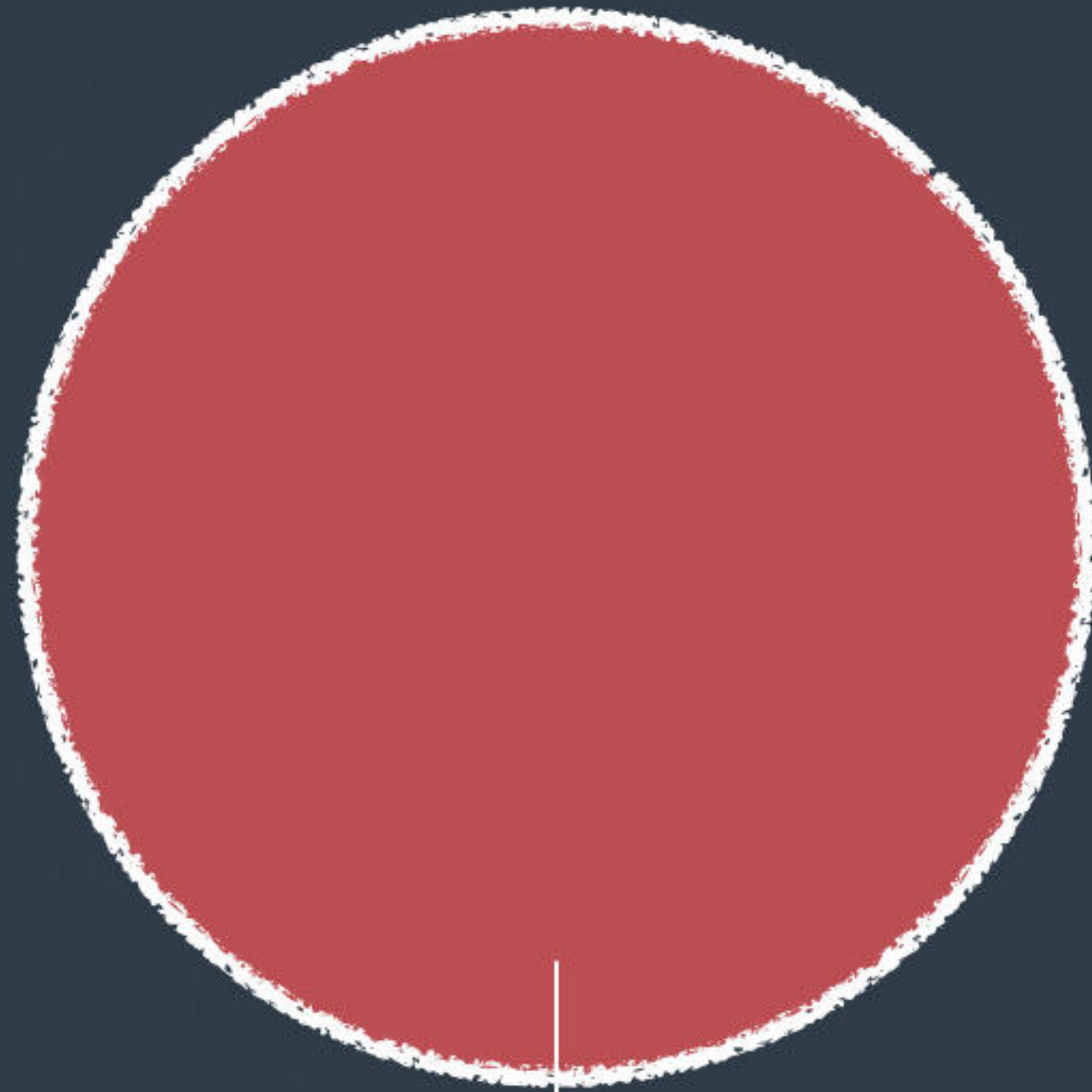




ADVENT

rest, receive, return, repeat

What I thought marathon training consisted of:

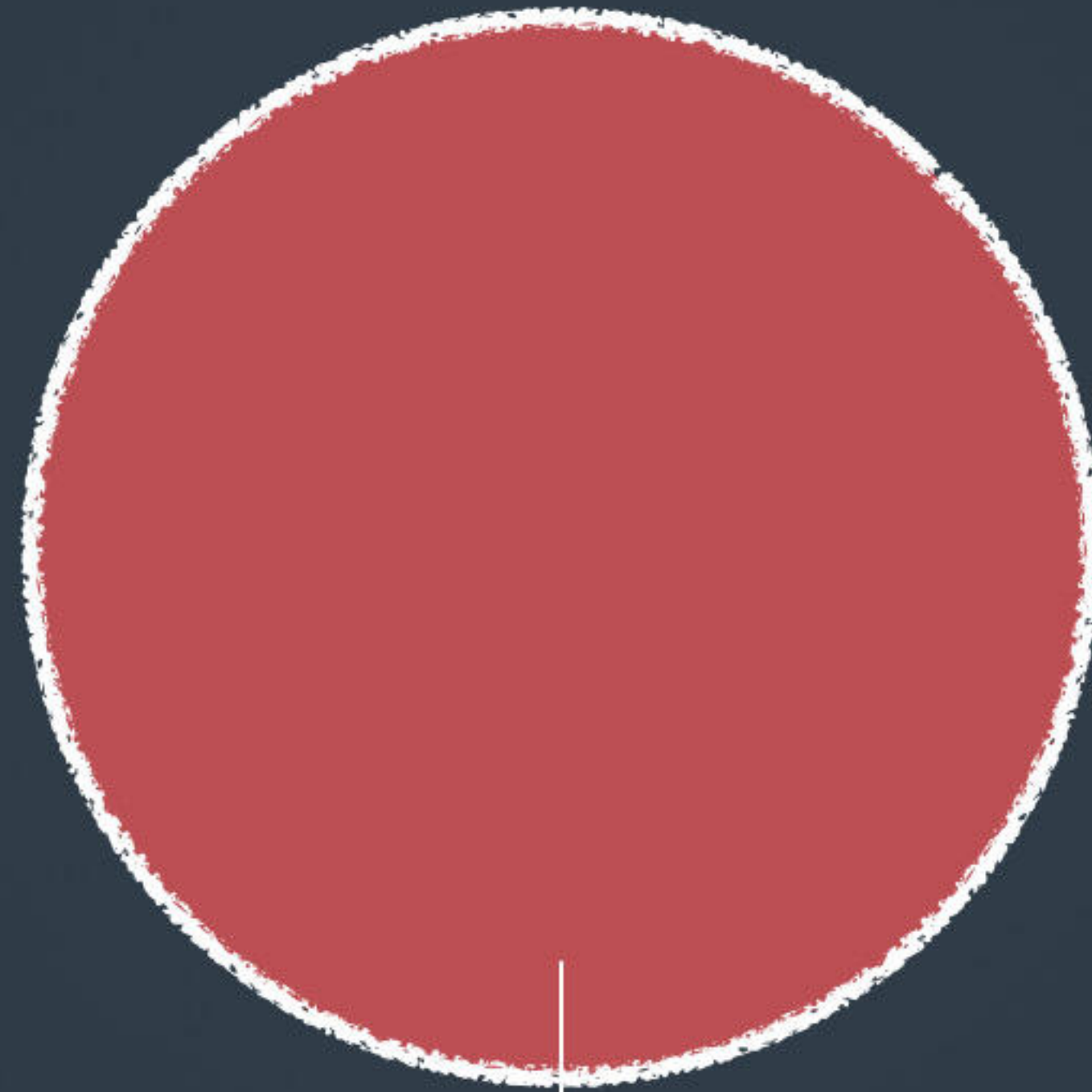


Training Really Hard

What actual marathon training consists of:

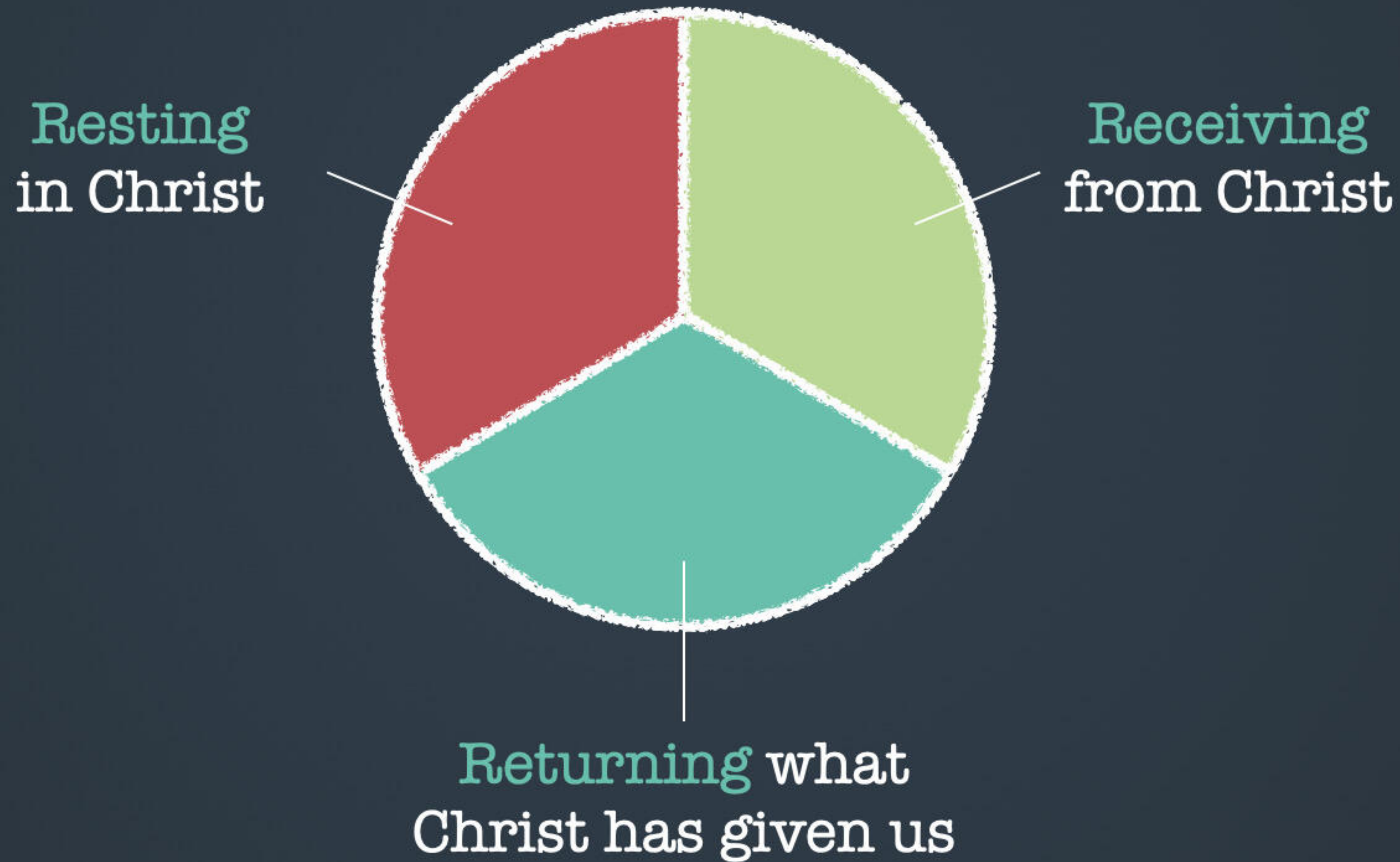


What I thought the Christian faith consisted of:



Trying to be good

What actual Christian faith consists of:





ADVENT

rest, receive, return, repeat

❧ **MATTHEW 1:1** ❧

A record of the genealogy of
Jesus Christ the son of David,
the son of Abraham:



Andrew Peterson
Behold the Lamb of God (2019)
“Matthew’s Begats”

GENEALOGY OF JESUS IN MATTHEW'S GOSPEL

1

ABRAHAM

ISAAC

JACOB

JUDAH
& TAMAR

PEREZ

HEZRON

ARAM

2

AMMINADAB

NAHSHON

SALMON
& RAHAB

BOAZ
& RUTH

OBED

JESSE

DAVID

3

DAVID
& URIAH'S WIFE

SOLOMON

REHOBOAM

ABIJAH

ASA

JEHOSHAPHAT

JEHORAM

4

UZZIAH

JOTHAM

AHAZ

HEZEKIAH

MANASSEH

AMON

JOSIAH

5

JEHOIACHIN

SHEALTIEL

ZERUBBABEL

ABUID

ELIAKIM

AZOR

ZADOK

6

AKIM

ELIUD

ELEAZAR

MATTHAN

JACOB

JOSEPH
& MARY

JESUS CHRIST

❧ **MATTHEW 1:17** ❧

Thus there were fourteen generations in all from Abraham to David, fourteen from David to the exile to Babylon, and fourteen from the exile to the Christ.

GENEALOGY OF JESUS IN MATTHEW'S GOSPEL



14 GENS FROM ABRAHAM TO DAVID

14 GENS FROM DAVID TO EXILE

14 GENS FROM EXILE TO CHRIST

❧ HEBREWS 4:9-11 ❧

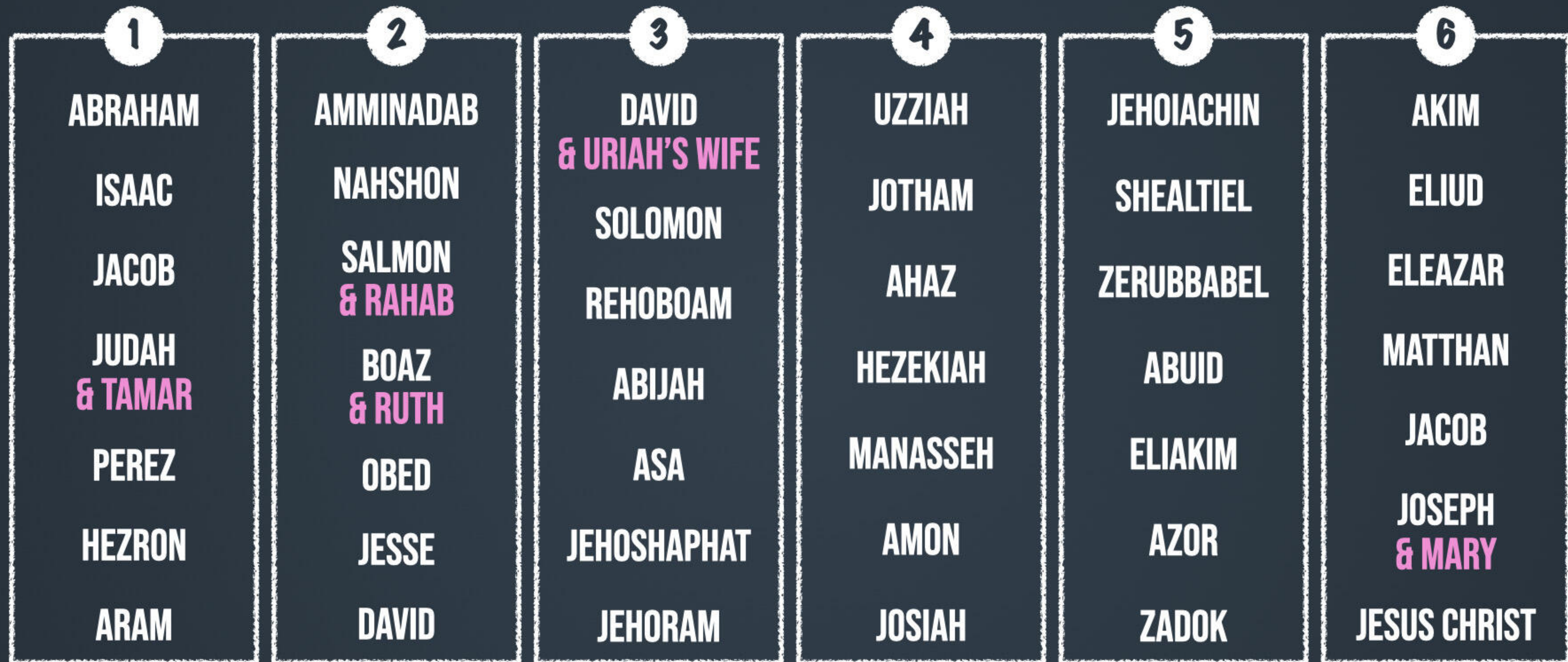
There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. **Let us, therefore, make every effort to enter that rest,** so that no one will perish by following their example of disobedience.

Resting

In order to rest, you need to stop doing something.

WE DON'T HAVE TO WAIT UNTIL WE DIE TO REST IN PEACE. BUT WE WILL HAVE TO STOP REACTING TO THE PRESENT AND BEGIN REFLECTING ON OUR PAST.

GENEALOGY OF JESUS IN MATTHEW'S GOSPEL

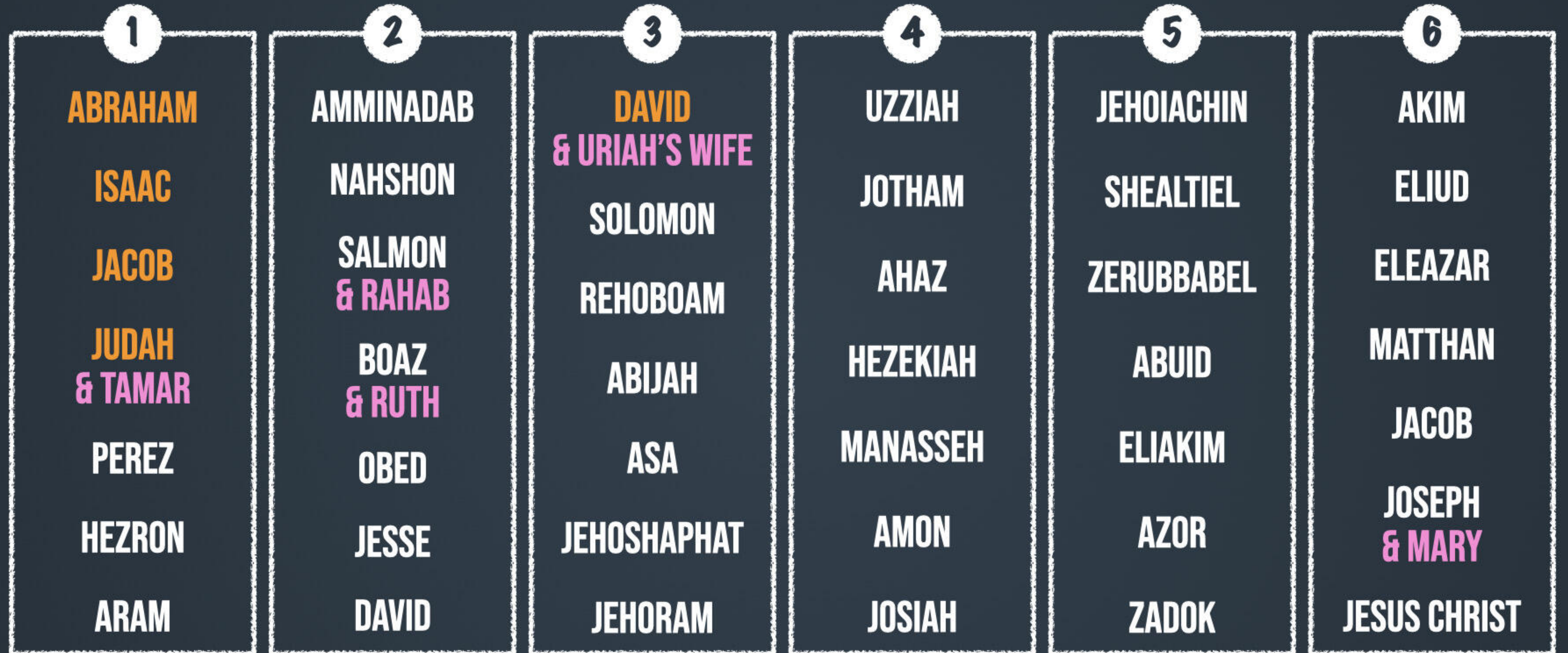


14 GENS FROM ABRAHAM TO DAVID

14 GENS FROM DAVID TO EXILE

14 GENS FROM EXILE TO CHRIST

GENEALOGY OF JESUS IN MATTHEW'S GOSPEL

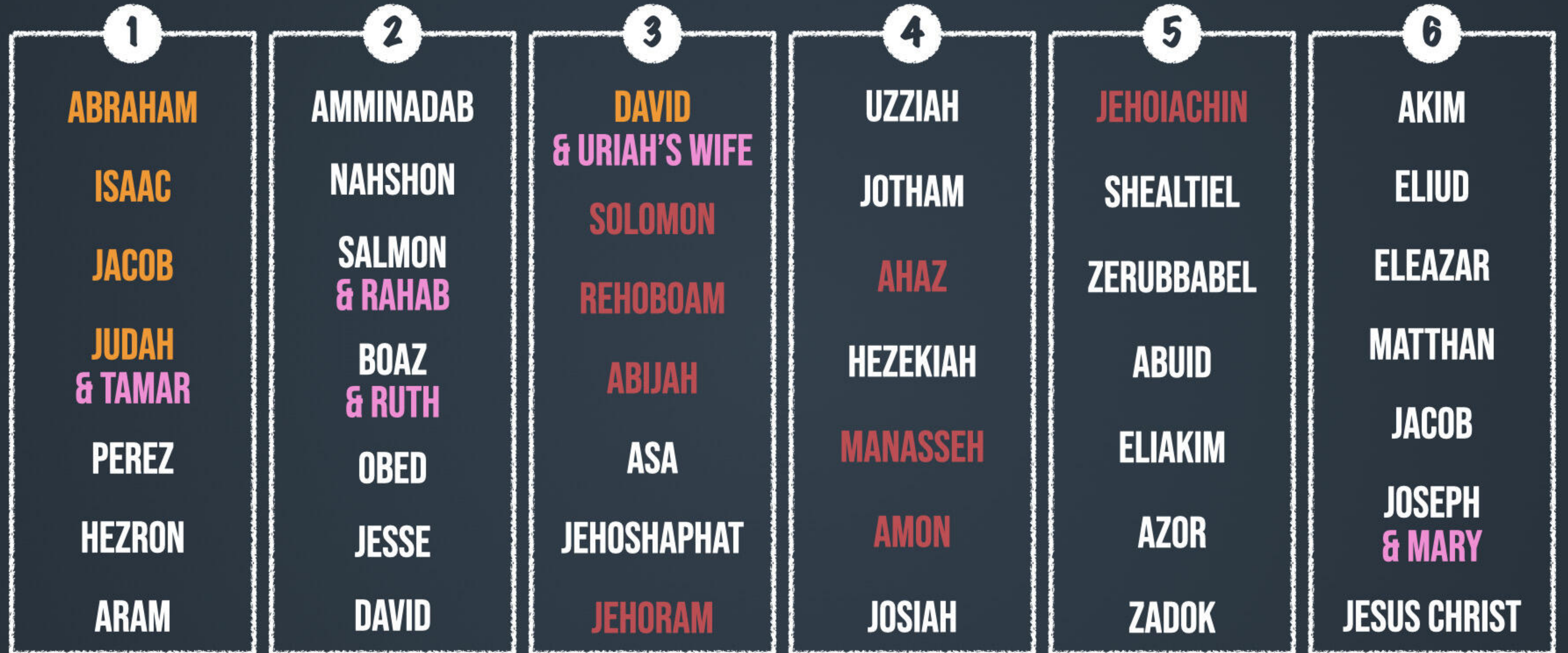


14 GENS FROM ABRAHAM TO DAVID

14 GENS FROM DAVID TO EXILE

14 GENS FROM EXILE TO CHRIST

GENEALOGY OF JESUS IN MATTHEW'S GOSPEL



14 GENS FROM ABRAHAM TO DAVID

14 GENS FROM DAVID TO EXILE

14 GENS FROM EXILE TO CHRIST

GENEALOGY OF JESUS IN MATTHEW'S GOSPEL



14 GENS FROM ABRAHAM TO DAVID

14 GENS FROM DAVID TO EXILE

14 GENS FROM EXILE TO CHRIST



ADVENT

rest, receive, return, repeat

**How much of my mother has my mother left in me?
How much of my love will be insane to some degree?
And what about this feeling that I'm never good enough?
Will it wash out in the water, or is it always in the blood?**

John Mayer, *In the Blood*

**How much of my father am I destined to become?
Will I dim the lights inside me just to satisfy someone?
Could I change it if I wanted, can I rise above the flood?
Will it wash out in the water, or is it always in the blood?**

John Mayer, *In the Blood*

Receiving

In order to receive, you may have to put down something.

**TO RECEIVE PEACE, WE MUST PUT DOWN OUR
HURTS AND DISAPPOINTMENTS; WE HAVE TO
FORGIVE OTHERS AS WELL AS OURSELVES.**

Returning

In order to return something, you first have to possess it.

**TO RETURN PEACE, WE MUST BECOME A
PEOPLE WHO HAVE EXPERIENCED INCREDIBLE
HEALING IN CHRIST AND EXTEND INCREDIBLE
COMPASSION TO THE BROKEN IN HIS NAME.**



ADVENT

rest, receive, return, repeat

*"Do this in
remembrance of me."*

Luke 22:19

After a time of personal reflection & repentance, come forward to partake in the bread and cup.

(Bread is gluten free.)



If you would like personal prayer today, please meet with a Prayer Team member in the Care Room in the back of the Worship Center at the end of the service.

