

Good morning. I don't know about you guys, but I missed the toodles. I really like when Lynette says Toodles to the kids and to us. Well, this morning I'm going to give you a little bit of a quick update. Some of you might not know me, but I'm Mike and I'm the pastor at Arcadia Valley Chapel in Ironton, and we've been in Ironton for 12 years. We moved down in 2013, and I was going to give you a quick update, because I've got some other things I'd like to share with you this morning. But as far as growth is concerned, there was a time I don't know if you guys heard of this. We had a pandemic a few years ago, and during that time, I'm glad we're. I'm glad there's laughing when I say that, you know, you never know, you know, but but through that, God really gave us a lot of opportunities to reach into areas that we needed to work on. But but then since then, we've had exponential growth in the amount of people that are coming. And the Lord keeps telling me like, it's not anymore about building, it's about relationships and discipleship. And if we don't do that, then the building doesn't matter. And so he's been so faithful to make it clear and plain and then make it also happen. And so, there's been growth. But it's also required some restructuring. There was a time where if there was an event or some sort of ministry going on, then my wife and I had a hand in each and every portion of it, and it's just not practical anymore. And so, my assistant pastor, his name is Ray Jones, and I think there's actually a picture of him up there on the left side of the tree with Kelly and I, and we're standing in front of a picture of the empty tomb. But Ray is just phenomenal and very gifted at team leading and at training up and discipling leaders and developing them and seeing what people's strengths are and administrating. And so he's been doing that at Arcadia Valley Chapel, which has freed me up to do more discipleship and studying and prayer, which I think is biblical. And so the other day, to summarize kind of what God's doing currently, Sunday evenings we're doing, a VBS called God Perfect. And it's based on dude Perfect and talking about the only perfect dude that we know, Jesus. And in that Bible study, they're having a VBS every Sunday night for the month of June. There's around 20 to 30 kids attending that Tuesday evenings. We currently have a men's Bible study going on where we're going through a series that's in right now, media called Be a Godly Man. On Wednesday evenings. We're currently having a women's book study called seamless, where they look at how the whole Bible ties together in his one unique story. And at the end of our school year. So the way that we structure youth, at least at this point, is that it's on Sunday nights, but we take off for the summers, which is always kind of grieved me. But you know what? When volunteers are available, that's when you do things. And if you don't have volunteers, you either let it die or let it. God resurrect it. And so they got ready to shut down the youth Bible study for the summer, which to me is when you have the most time with kids. And God answered my prayer and the kids went to the adults and said, why are we shutting down for the summer? Could we please

continue to have Bible study? And guess what? Now they're doing it. So praise the Lord for that. So they picked the easiest possible book to teach during the summer. They're going through revelation right now. There's about 37 of our youth that are actually going to be going to camp this year. And about nine leaders during the regular season, we usually have about 60 youth attending many ministries are taking shape, though, and on their own they're bearing fruit. The leaders are taking ownership of their teams. Our security team had its first training, and I was very encouraged to see how accurate they were. I was a little nervous about that. They even let me shoot with them. And I didn't hurt anyone. I got an 89 out of 100, so I scored like a B. That's okay. Right? Yeah. Praise the Lord for that. They don't let me serve regularly a couple of Sundays ago pastor Ray and I met with a group of college students. Or we call them young adults because not all of them went off to college. And we've got this group that we're raised kind of in our youth or we're youth age, and then they aged out. And then there's this gap, as you guys know, between youth and, and adults. And we kind of just go, we'll deal with it. But we decided to have a conversation with them, do a little focus group. And when we did that we asked them questions about what we do in church, what questions they have, what they wish we had, ways that we can minister to them. And what we found is they really, really like not only Bible study, but they have questions about why we do what we do. And though we thought we were communicating that, well, we weren't. And so they asked some questions that actually helped us grow a little bit. And so we're very thankful for the young adults that we have in our church. And, and we also had to encourage them, like you're already a part of the you're like, when do we become adult men or like full members like, well keep going, keep showing up, serve. And then also you're already members like get after it. And so they've been doing that. And so yesterday we had our first young adult ministry. On Saturday evening at 6 p.m. So it was a really good conversation. We talked about living like Jesus while interacting with nonbelievers. And so two weeks ago, we finished the book of Judges. Pastor Ray is now opening up the Book of Ruth as we speak. Praise the Lord. We're no longer in Judges, and we're studying Ruth. But then,. Yeah. So for the next month, we'll be in Ruth. And then all that said, after 12 years of plotting, showing up, leading personally, growing through challenges of life and church planting with a family because of God's faithfulness and the way he set things up, I'm going to be able to take my first sabbatical in July. So very thankful for that. And so since I've been preparing for my sabbatical and Pastor Mike is currently on his sabbatical, and I know that Parkland Chapel is theme right now is prayer and fasting, and I thought it might be fitting to look at the origins of the Sabbath, what it is, why it's good, what happens if we don't, and perhaps submit a challenge? Wait, you guys don't use the word challenge here. I will use Mike Harrison method and I will appeal to you to take

advantage of the Sabbath. And so where did Sabbath begin? I'm glad you asked. It's in Genesis chapter two. Chapter one is the creation account. Many scientists absolutely abhor it because it doesn't go into the hows and whys and what's and the molecular structure and all the other things that really, if we're honest, we don't fully understand. But in chapter 1 we see on the first day God makes light. It's the second day sky and water, the third day land and seas, the fourth day sun, moon and stars to govern the day and the night and the Mark seas and days and years. On the fifth day we see fish and birds both filling the waters and the sky. And then the sixth day animals. And there's many. And then man and woman, to care for the earth and to commune with God. And after this God considered it all that he had made. And he said it was very good. And in chapter 2 it says, thus the heavens and the earth, and all the host of them were finished. Now was God's work finished on that day, or was the creation finished? He's still creating, is he not? We kind of live in this now, but not yet phase of what God is doing all the time. It's God's words. Word finished in the Bible. Or is he still speaking? We have to be careful how we interpret that, because the reality is, while he has finished speaking, he is still speaking through his word. And so as we consider that, and we see that God finished his work in creation, verse 2 says, on the seventh day God ended his work, which he had done, and he rested on the seventh day from all his work which he had done, there was still much work to do. God didn't rest because he was finished. He he rested to hallow the day. God blessed the seventh day, he sanctified it. He set it apart, because on it he rested from all his work which God had created and made. This is the history of the heavens and the earth when they were created in the day that the Lord God made the earth and the heavens. And so God rested from his work. But then God chose a people and said, because I rested, you will also. So turn with me to Exodus chapter 20. Because there's this famous passage where there's a couple of commandments. You might remember how many. And in those commandments it says in verse eight. Remember the Sabbath day. Now we just read about it so it's easy to remember. But reality is we we can forget easily. Remember the Sabbath day to keep it holy. God made it holy. He says, keep it holy. Six days you shall labor and do all your work. But the seventh day is the Sabbath of the Lord your God. In it you shall do no work, nor your son, nor your daughter, nor your male servant, nor your female servant, not even your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that's in them. And he rested the seventh day. Therefore the Lord blessed the Sabbath day, and hallowed it. And so we see this idea of this pattern of six and one, six days to do. How much of your work, all of it. But that takes discipline. How often do we just take seven days of work or six days of work? We spread it out. Seems to me that no matter what my list has on it, it takes the amount of time that I've accrued for that I set aside to do that work. And

so on the seventh, he rested, and he rested because he got all of his work done in the six God commanded a Sabbath. Because human beings need to spend unhurried time remembering what God did, resting in God's finished work to be well maintained and functional so we don't crash. Pastor Mike talked about the boat engine that he has, and he he he takes it down to the Marina. And I don't know anything about boat engines, but what I do know is that I was raised in a household where if you don't maintain your car, it's like blasphemy, you know, you better get that oil change or that thing's going to fall apart with the wheels on it. But, you know, as a rebellious type person, I'll say that I've let it go past 3000 miles before. Guess what happens? Nothing. It keeps driving. But over long term, if I continually do that, will it keep driving? Well, eventually it's going to be very expensive. I'm going to have to either replace it or fix it, and it's not worth it because the manufacturer said, what? Change the stinking oil. God says rest and we go I think I get to get away without it. And he says, you might be able to for a little bit, but there's a reason I've given you to rest. And so, in contrast, think about where Israel at this time, during the giving of the law, where had they been before then? They'd been in Egypt, they'd been in the world. And when they asked Pharaoh for a day off, what did he say? He laughed at them. And he said, you know what? I'm going to give you more work to do, and I'm going to give you less resources, and you're going to work double overtime, and I'm not going to pay you. That's what the world does. Pharaoh had worked them to the point of exhaustion, and interestingly enough, Satan does the same thing. His technique is to keep us busy. And if the devil can't make you bad, if the devil can't get you to sin, you know what he will do. He'll make you busy. Busy can be best described in an acronym that says being under Satan's yoke. That's busy. Now we take it as a badge of honor. What the Lord says is you shouldn't be busy, you should be rested. You should work hard. You should also rest in proportion to what God said. Some people take it to the extreme. They never work right. Some people take the extreme. They never rest. Why do we have to be on one extreme or the other? Why can't we find the balance in the middle? And as a matter of fact, God doesn't even say that you have to rest equal to the amount you work. He just says, work hard and then rest for one out of seven. Why? Because he did. We follow his example. We reflect him in everything that we do, even in resting. I recently heard the following in our men's Bible study. We so often rely on our own ability instead of finding our strength in Christ. Strong people are Sabbath people. The Sabbath is the fourth commandment. Some theologians call it the hinge commandment. This was new to me. The first three are about our vertical relationship with the Lord, and arguably the first four are right because resting is part of our relationship. But this is how he said it. The first three are about our vertical relationship with the Lord, and five through ten are about our horizontal relationships with each other.

And the commandment that fuels us with the love of God is the fourth commandment resting in him, so that we can love our neighbors as ourselves. You ever notice when you're tired, you're kind of cranky. You don't have a whole lot of patience for people. There's a reason for that. You're not rested. When I'm fully rested, I don't go off on the kids. Now that when we talk about rest, I'm not talking about enough sleep. That's not always possible. But resting in the finished work of God. In Exodus chapter 31, in verse 13, the Lord told Moses. He said, speak also to the children of Israel, saying, surely my Sabbaths, you shall keep. For it's a sign. Now how many of us want to see a sign from God? If you want to see a sign from God, rest. He says it is a sign between me and you throughout your generations. Not just this generation, but throughout our generations. He says, my Sabbaths will be a sign that you may know that what I am the Lord. Not only that, but I am the Lord who sanctifies you. You're set apart because of me. Is what God's saying, not because of something you've done. Yet we all know it takes faith to be still. Most of us can't even do it through an hour long service. I know I can't. That's why I got to be up here so I can move around. But notice everything that God tells us to do in worship of him. There's a reason for it. We have time for what God says is essential. Whatever time is left after that, we can do as we please. But Matthew tells us the priority. Chapter six, verse 33 Jesus said, what? Seek first God's kingdom and his righteousness. Seek first God's kingdom. What's God's kingdom? It's anywhere that his authority is being exercised and lived out. And then it says, seek first God's righteousness, which is of utmost importance to us. What is God's righteousness? It's what he says is good and all that we need after that will be added. He's promised us abundant life, but perhaps, just perhaps, abundant life isn't a life of abundance, but instead it's one of righteousness, peace and joy. Romans 14:17. The kingdom of God is not meat nor drink, but it's righteousness, peace, and joy in the Holy Spirit. And so the big question is, and these are the questions when you mention anything that is closely related to the law, well, do I have to do it? Which is a tough question. Is it required? Well, it is righteous and it is one of the Ten Commandments, not suggestions. Do I have to not murder people? Yeah. You should not murder people. Do I have to not commit adultery? Well, you don't have to, but it's not going to go well for you, because then you're going to commit somebody else going to be committing the the whole murder thing on you. You know, there's consequences to disobeying the law. And so by the time of Jesus's day, some of the times that the Pharisees got so mad at him was because he he did miracles on the Sabbath, but that was because they had made the Sabbath a work and and a and a burden instead of a blessing. But resting was never meant to be a work. It itself was meant to be holy, meant to be a blessing. Hopefully, by now it's clear if you attend your frequently. But if not, I'll say it again. Anything we try to do to earn God's favor, apart from his grace through Jesus is filthy rags. Isaiah 64

six. All of our righteousness. The best stuff we do, it's filthy rags, but something to remember is that Sabbath isn't meant to be a burden. It's actually meant for our benefit. And in Mark chapter 2. Starting verse 23, we find this story where it happened. Jesus is with his disciples, and they're going through the grain fields. And I think pastor Mike has referred to this as like the Hee Haw episode where all of a sudden people jump up out of the field and go, hey! And as they're walking through the field, they're plucking heads of grain. And the Pharisees said to him, look, why do they do what's not lawful on the Sabbath? What were they doing? Well, they plucked grain. They're obviously harvesting. No, they were hungry. They're getting them a little snacky. You know, it would be like saying go into your kitchen and getting a snack on the Sabbath day is not practicing it. Is that the case? No. You're just meeting your practical need. The Sabbath meets a practical need. And then Jesus said to them, which had to hurt, have you never read? Which was their job? What David did when he was in need, when he was hungry, he and those that were with him, how he went into the house of God in the days of Abiathar the high priest, he ate the showbread, which not lawful to eat except for the priests. And he gave some to those who were with him. He fed people on the Sabbath. He fed people. Oh my goodness! And he said to them, The Sabbath wasn't made for man. I read it wrong again. I did that first service to the Sabbath was made for man. It was not made. Man wasn't made for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath. We know this Jesus met practical needs on the Sabbath. Remember, there was a man born blind. Jesus went on purpose on the Sabbath, and he healed him. John chapter 9. So the Sabbath is a day that the Lord is Lord over. And what we find is that it's not a day to disconnect from Jesus. So many people take it the wrong way. They go, well, I'm not doing nothing. Okay? It's a day to connect with Jesus more. If anything, apart from the normal task, the hustle and bustle of every day of life. Well, what about the day of the week? What day do I have to do it? Is it only on Sunday? Is it only on Saturday? And we could argue that to the teeth. But what we find is that it's just important that we do it, that we be on the Sabbath. In the Old Covenant, they ended the week by resting. They would work six days and then rest. They worked first to get to rest. Interesting, because the first thing Adam did notice that in the creation account, just learned that this week, the first thing that Adam did was he rested. He was created on the sixth day, didn't do nothing, woke up on the Sabbath day, rest. Awesome. So he was created on the sixth day and he rested on the seventh. Adam was resting for work, not from it. In the New Covenant, they started their week with a day of rest Sunday, because the day they assembled together was the day that Jesus rose from the dead. The day we got the receipt for Christ's payment for sin becomes a day of celebration and victory over sin and death. So we've been returned to our before the fall state with God. Because of Jesus, we now get to rest

for work, not from it. So now we get to work from a place of rest. Interesting, because in the Christian life we don't fight for victory over sin. We fight from victory that's been given to us over sin. In Colossians chapter 2, verse 13 through 15, Paul writes, you being dead in your trespasses and the uncircumcision of your flesh, he has made alive together with Christ, having forgiven all your trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And he's taken it out of the way, having nailed it to the cross, having disarmed principalities and powers, he made a public spectacle of them, triumphing over them in it. Jesus mocked death. He destroyed it. He defeated it. And so again does the day of the week matter when you take your stop day, that's what I call it. It's a stop day. No, the day doesn't matter. I take mine on Friday. You might take yours on a day that you're able to. But the reality is, is that God has told us to rest, unplug from constant communication. Try it this week. You can do it. It's the best thing ever. Spend extended time with the Lord. In that time that's been opened up. Stop trying to accomplish or produce anything for profit. And maybe, just maybe, give yourself the freedom God's given it to you. Take a nap. Do you know that Jesus took naps? We have at least one place that I can think of right now where Jesus took a nap. And some of you, if you take a nap, you wake up feeling guilty. And I know that because I tried it this week and every day I woke up feeling guilty. Why is that? Why do we feel so guilty over sleeping and resting? Because we take more value. We give more value to what we do than whose we are. So what day matters the most? What day should we do it? Romans 14 one person esteems one day over the other. Whatever day you esteem, esteem, and unto the Lord, let it make it be worship. Colossians chapter 2, verse 16 and 17 Paul says, don't let anybody judge you in food or drink, or regarding a festival, or a new moon or a Sabbath, which are a shadow. Those were all types of the substance that is in Jesus Christ. And so what if we don't? What if we don't? Sabbath. Let's go back to the previous question. Is it required? And what if we don't? You don't have to do it. But if your boss told you to take a day off, would you do it? Of course I say that now we're in a day and age where people won't. How many times do you know somebody that's had to cash in their days off and they get paid for them after they retire? But how jacked up are we that God would take us, tell us to take a nap or take a break? And we're like, I don't know, I still got stuff to do. How important do we think we are? God told the nation of Israel, hey, every seven years take a whole year off, take a whole year off. And as far as I understand, I don't think they ever did. I could be wrong in that. Test me on that one. But he said, take a year off. Why God wanted God rested. He wanted his people rested, and he wanted his land fruitful. So he said every seven years rest the land. And they didn't. We didn't do that. And our early years as a nation, how do I know that? Because in the 1930s, after the Great Depression. Now, don't get me wrong, we needed to produce some

things because we didn't have a whole lot of food and things cost an exorbitant amount, so we better make more supply and demand. But what's God told them to do? Let the land rest. But instead what we do is we rotate crops, right? We supplement the ground. We do that also that it will still be fruitful. But after the Great Depression, they ignored good cropping practices. They ran the land ragged and they created a dust bowl. Kind of a famous event, right? All of a sudden the soil is just blowing everywhere. The ground was worthless. The same thing that can happen to our lives. Our lives become fruitless. Not because God's not faithful, not because he's not supplying, but because we're not resting in him. What do we think? When God tells us to take a break? We we're capitalists, right? We take that and we go, yeah, but I had a bumper crop, so I need to build a bigger barn. I need to create more storage. But we're never satisfied. We never take a bumper crop as an opportunity to go. Oh, God's giving me some margin so I can rest. We take extra time or money, and when we get a bonus, we get a raise. Do we lower our standard of living? Do we keep it where it is? No. We double down on more. If this year was good, I bet next year will be even better. We get a raise, we increase our spending even if we don't have to. Even technology was invented to save time, does it? No. It just frees up more time to do things that aren't useful or productive. I'm guilty, by the way. You know, taking a social media fast right now, I, I spend so much time on there, don't even realize it, but I nickel and dime it away. If I saw the total, I'd probably get sick to my stomach. You know, the average person today using social media by the end of their life will have spent 4 to 5 years looking at stuff that doesn't even most of it have anything to do with our lives. And then we get all spun up about it. So we even rob the time that we do have. So God rests. His people live in a work rest rhythm. God says the land shall rest, but this rest is also declaring that a future rest is coming. God's people are called to rest now in Jesus. As a personal you want to testify of Jesus. You want to be bold. You want to make him famous. Be still and know that he's God. Stop trying to accomplish something for one day. You'll be a weirdo. People will look at you and go, how can you afford to stop working when God will make all things new is what we're looking ahead to and we're trusting him with that. Now God says, take a break. But then the day after he doesn't say stay. He says, get after it again. God's going to take our one rest day and make all the other six days way more productive. God says, even if it doesn't make sense, would you just trust me? Psalm 46:10. We quote it, be still and know that I am God is what God says to his people. But you know what the rest of that verse says? I will be exalted among the nations. I will be exalted in the entire earth. But the verse starts with, be still and know that I am God. By the time of the Judges, Israel had already forgotten about resting in the Lord. They had forgotten God because of that. That's the the tragedy of the whole thing. We start to forget God, and by the time that it all comes to fruition, they stopped even worshipping



God. They gave themselves over to morality, immorality, and by the time it happened, God had to discipline them. So he did. And you know how many years he sent them to captivity in Babylon for 70 years? For every year they didn't rest of the Sabbath years that every seven years he took them to captivity. And what's interesting about that is that means they hadn't practiced or remembered the Lord on the Sabbath year for 490 years. Now, UMass students, you know that that means that was 70 years of captivity. Interesting. Because what did he tell Peter? He had to forgive his brother if he sinned against him 70 times? 70, which wasn't supposed to be a specific number. He was saying, that's perfect forgiveness. Why? Because that's how much God is willing to forgive. But are we any better than the Israelites were? Or do we end up making the same mistake? Tell me that God doesn't mind if we disregard his command to work. Six and rest one. Psalm 23 the Lord is my shepherd. I shall not be in want. He makes me lie down in green pastures. Do you need to be made to lie down, or will you do it willingly? That same could be true about somebody in here that maybe doesn't know Jesus. Well. Your need bow to him now when it doesn't have to. Or will it bow when everyone will bow down before the throne? Bow down, let him bless you in the Sabbath. And so Matthew chapter 11, verse 28 says. Come to me, you who are weary and heavy laden, and I will give you rest. Jesus says this right, it's good. But oftentimes we stop there. Rest isn't necessarily found in rest. It's not necessarily found in vacation. It's not necessarily found in time off. The way we vacation, we don't get rested anyway. We get exhausted, and then we need a vacation from that. True rest is found where in Jesus Jesus says, here's how you find rest. Take my yoke upon you. Wait a minute. Isn't yoke for work? It is. But he says, take my yoke. Not one that he has in his barn. He throws on your shoulders and says, get after it. Do my work. No, he has a yoke for us. And interestingly, they always team two animals together when they yoke them. But Jesus is taking the yoke upon himself and he wants you right next to him. Proximity to Jesus, not production. For Jesus determines the greatness. Resting in Jesus. He says, take my yoke upon you and do what? Learn of me. Learn to labor like I do, and so I'm saying all of this because for some of you, not all of you. Routines changed. My kids are off school. Maybe you've got different schedule in the summer. Maybe there's more time to rest in the summer. Maybe for some of you, this is winter and you just flip flop it. When God changes your rhythm for a season, take advantage of it and rest. We live in an action packed world. Always seems to be something to do. No time to rest. Yet God demonstrated that rest is appropriate and right. We know this because if we look at the direct image of God which is mentioned in Hebrews one, the exact impression of God, Jesus himself, what we find is that Jesus rested. And Luke chapter 5, which we don't have time to get to right now. Jesus healed a man with leprosy. He told him to tell no one, which would be hard to do. Word got out that

Jesus had healed a man with leprosy, which was incurable at the time, and people started running to him in droves. This man can take care of all of our issues. And Jesus, who had three years on the earth to be effective in his ministry. When people came to him in droves. Do you know what he did when he could have been the most productive in our eyes? He says many times he went to the wilderness to be alone with his father, and when he came back, you know what? He came back. Ready? Refreshed and ready to be fruitful in the time where the world would say, don't take a break. This is you got to make hay while the sun is shining. Jesus said, no, I need to be with my father. I'm exhausted. Some of you are exhausted. Some of you are run ragged by the world, and some of you are exhausted because that's how you plan your life. Be still. Know that he's God. Don't run on fumes. Don't go without maintenance. Jesus had no moments to waste. Resting time is not wasted. Time. Everyone. Literally everyone to this day needs Jesus and he took time to be still. So I want to close with these questions and I want to also say this. Genesis 128 Jesus excuse me God. In Genesis, in the creation, what did he say to Adam and Eve? Be fruitful and multiply. God's called us to fruitfulness. We can't be fruitful if we have nothing to give. Be fruitful and multiply. But then in Matthew chapter 28, he said the same exact thing, but he used different words. He said, go and make disciples of all nations, be fruitful and multiply. To be the most fruitful. We must abide in Jesus. So as I close, I want to encourage you to ask the Lord three questions today. Take the time to ask these questions, and how God answers can greatly help your fruitfulness. Father, I want to be your fruit. I want to be obedient to the command to be fruitful and multiply, to make disciples. I want to bear fruit. Fruit that glorifies your name. So what have you definitely called me to? What are the things? What's the yoke that I'm supposed to be taking upon myself? And based on how he answers that question, then the next thing becomes Holy Spirit. How do the urgent and I put it in air quotes on purpose? How do the urgent things, the needs, the distractions that I give my life to cause me to neglect what you've called me to? And then, number three, Lord Jesus, what changes do you want me to make to realign my life priorities to your will? If we can submit our lives to that grid? And I'm sure there's other better questions to ask. These are just the ones that I came up with. Those are the questions you can pray about when you're not in the middle of producing. But if you just keep going, if you just keep running the rat race, most of us will keep doing the same thing over and over and over and wonder why we're rusty, dusty and dry while there's no life flowing from us. What did Jesus say? He who believes in me will have rivers, torrents of living water pouring forth from him. That's what God's called us to. That's what God has promised he will do in us. And guess what today is? It's Pentecost. It's 50 days from the Ascension where the the Holy Spirit was poured out. And when the Holy Spirit was poured out, life started to happen. Fruitfulness and multiplying happened

naturally as they abided in Jesus. You know how many days they prayed before the spirit came? 50. That's a long time to pray. But they were scared to death and they didn't know what was coming. And Jesus said, wait, they did it. And God rewarded wait upon the Lord. So let's pray. Heavenly father, we thank you that you are the good Shepherd. And because you're our good Shepherd, we shall not lack anything that we need. You make us lie down in green pastures. You lead us beside still waters and our cup overflows. I won't quote any of the rest of it, because I can't think of it right now. But, father, thank you for the command to be still and know that your God, we must be still to know that your God. And so just ask for faith to take you at your word, to truly embrace Sabbath, trusting that everything that needs to be accomplished, you have and will accomplish. And all we need to do is continue to stay close to you, abiding in you, yoked to you, and learning of you. And so, Jesus, we pray you give us the faith not just to know that, but to walk in that we love you, we trust you, we thank you. We pray that you'd apply this word to our hearts so that we can be fruitful for the glory of God the Father. In Jesus name, Amen.