



# *the Connection*

MEADOWLANDS BAPTIST CHURCH

25 JUNE 2021 NEWSLETTER

## **REST AND RELAXATION**

BY ERIC KNUTSON

If you are anything like me you likely find yourself feeling tired, in need of rest, and even burnt out at times. Often on these days, I've found myself taking an extra nap, looking forward to time off, or planning a game or movie night with the family. While none of these things are bad, a few months ago as I was reading the Word, I was reminded that God has a sweeter and more satisfying rest waiting for us.

All throughout the gospels, there are countless times Jesus retreats from the crowds weary and in need of rest. It is very interesting to observe the clear pattern of Christ. Every time Jesus withdraws he goes to pray and to fellowship with His Father. Mark 1:21-34 tells of an endless day Jesus spends among the crowds preaching, healing, and casting out demons. Unlike what I might do, Jesus didn't sleep in the next day. Instead, verse 35 tells us that "very early in the morning, while it was still dark, he departed and went out to a desolate place and there he prayed".

In John 4, Jesus meets a Samaritan woman at the well. The water Jesus offers her is not the physical water of this life. Rather He generously offers living water to satisfy her soul. Immediately after, the woman leaves her water jar behind, rushing to tell the people of the living water that has fully refreshed her.

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# A Glorious Display of God's Grace

The Book of Jonah

## Sunday Sermon Series

Many people know about Jonah and the whale, but they don't understand the message of this book. The main character isn't really Jonah, and it certainly isn't the great fish. The main character is God. On full display is God's heart for people. He demonstrates His grace to the wicked and the wayward. Jonah disobeyed the will of God and resented the works of God because he didn't share the heart of God. As we discover the heart of God revealed in the Book of Jonah, we will see if our hearts align with His.

*Need to contact us?*

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## GIVING

E-transfer is available. From your bank's website, select the e-transfer feature. The email address to transfer to is [donations@meadowlandsbaptist.com](mailto:donations@meadowlandsbaptist.com). Your donation will be automatically accepted, and you will receive a confirmation of the transfer.

## SUNDAY WORSHIP SERVICES:

**9:30 AM OR 11:00 AM**

In-person services take place in the gym. Services are simultaneously livestreamed in the auditorium, or available to you at home. There will be no evening service this week.

- "COME, THOU ALMIGHTY KING"
  - PRAYER
  - "WHEN I SURVEY"
  - "I LOVE YOU, LORD"
  - CHILDREN'S STORY
  - "FILL MY CUP, LORD"
  - MESSAGE: "GOD'S GRACIOUS DISCIPLINE"
- JONAH 1**
- PASTOR KEVIN WILLIAMS**
- "HIS MERCY IS MORE"
  - BENEDICTION

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Matthew 11:28-29 reminds believers bearing heavy burdens to come to Him for rest. It speaks of both the ability and desire of Christ to teach us, guide us, and satisfy us.

These three texts and a number of others have redirected my heart and reminded me that while biblical rest should include things such as sleep and relaxation, those things alone do not satisfy us. I can think of countless weekends spent sleeping in and relaxing, however, by the end of many of them I felt far from satisfied and merely found myself looking forward to the next one. Rather, Jesus teaches that true satisfying rest can come by delighting and worshiping Him as He is seen in His Word, His creation, and His people.

This discovery of God's plan for our rest has transformed my understanding of what a successful day off, evening, or weekend looks like. I am learning to see rest not as an escape from responsibilities, but as a Person who I can delight in and be restored by. I hope and trust God's Word will do the same for you as you encounter God's plan for your rest.



## COMING UP

### WEDNESDAY, JUNE 30

There will be no Wednesday Prayer & Bible Study.

### THURSDAY, JULY 1, 10AM-5PM

Come join us for our annual Canada Day Picnic located at Deville-North Cooking Lake. See p. 3 for more details.



# VACATION BIBLE SCHOOL

July 18-22, 6:30-8:30 pm  
Age 4 to Grade 6 (in September)



Register at [meadowlandsbaptist.com](http://meadowlandsbaptist.com)



July 1 10-5  
Lunch 12 Noon  
Denville-North  
Cooking Lake  
Community Hall  
21033 Wye Road,  
Sherwood Park

## CHURCH WILL PROVIDE:

Plates, cutlery, drinks, individually wrapped chips, dessert/ice cream

## YOU PROVIDE:

Meat, condiments, sides for yourself or family  
(no dishes to share)

- VOLLEYBALL
- BOUNCE HOUSES
- KIDS CARNIVAL
- FAMILY GAMES
- BASEBALL



## How can I Help?

- Prayer! Please pray for the kids, leaders, helpers, and all the details that go into making a VBS possible. Also, that our team may stay healthy.
- Please help us with donations of:
  - Candy -- to give as prizes. We need to be careful of peanuts and tree nuts.
  - Sports prizes - -basketballs, soccer balls, hockey sticks, badminton sets; things kids can play with outside (our VBS has a sports theme).
- Please lend us your favourite sports team jersey, hats or pennants. Please attach a label with your name on it so we can return them to you. We will use these to decorate the auditorium.

We appreciate all the varieties of help that go into a VBS. Thank you for your support in this ministry.



**Be transformed by the  
renewing of your mind.**

Romans 12:2