

Upcoming Events/Announcements

If someone you know has become homebound or has moved to a care center, please let us know so we can include them in our care ministries. We love our whole church family and want to ensure that everyone is included, remembered, and loved.

June Mission: SCUBA: Diving into Friendship with God *

To support this month's mission, we welcome donations in the form of supplies, volunteerism, and monetary support.

CLUMC Car Show- June 21st- Join us for a casual car show in the parking lot between services! RSVP your car for the show with the office!

ONE PERSON'S JUNK IS ANOTHER PERSON'S

TREASURE! July 17 & 18th Volunteers are needed for Rummage Sale setup, sale, and cleanup. It's also time to start thinking about what clean, used items you have to donate! To volunteer, please sign up in the lobby or call the office. Donation drop-offs begin July 1st!

VBS: Scuba- Diving into Friendship with God

Sign up now for VBS July 28-30th 5:30-8PM. Adults and Children register online at CLUMC.com or pick up a registration form in the lobby.

***Drawn In Art:** We welcome you to keep your art on display for as long as you'd like! When you choose to bring your art home, please just leave a note with the office or a pastor so we know we have your work accounted for. Thank you!*

Calendar at a Glance

June 20: Brunch Bunch

June 21: CLUMC Car Show- 9:30-10:15 AM

July 17 & 18: CLUMC Rummage Sale

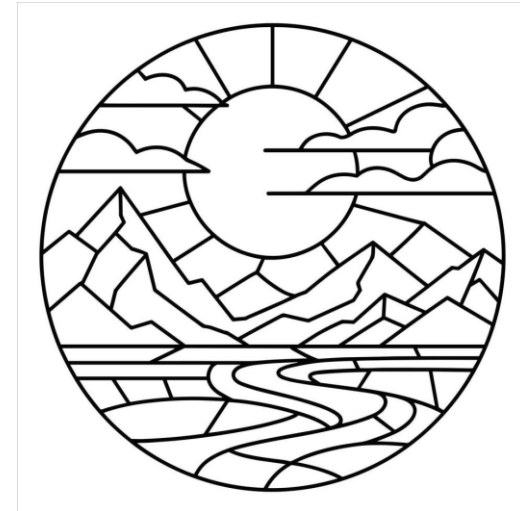
July 28-30: VBS Scuba: Diving into Friendship with God

THE PATH

For the week of
June 14, 2026

**Canyon Lake United Methodist Church
Rapid City, SD**

Drawn In: Rest



Our focus this week is on Rest, or Sabbath. Why do we practice Sabbath? Why should we practice it? How do we practice it? Why do I struggle with it? These are all questions you may have. I certainly have asked all of this over time. And I do often struggle to make space for and keep Sabbath. This week, let's look to various scriptures of both the Old and New Testaments that can help shed some more light on this concept and help us more easily find and take Sabbath in our lives.

Prayer: God of rest, you have set a rhythm for our lives. One that includes space for work, space for fellowship, space for worship, and space for renewal. Help us to find and keep all of these spaces

in balance so we can be who you desire us to be. In Jesus name, we ask this, so be it.

Monday 6.15 God's Example Genesis 2:1-3

In the very start of our scriptures, our written story of God, God does beautiful, creative work, and then God rests. It doesn't tell us that God was tired. It tells us that God had done the work needed at that moment and then chose to take time to rest. That is an example for us to follow. Do the work, then rest.

Tuesday 6.16 God's Command Exodus 20:8-11

A little later in the Bible, God formalizes the example God set by commanding the people to honor a day set aside for God. A day where no regular work was done and instead the people spent time together and with God. When we come together for worship, are we finding rest and worship in community? If not, what is keeping us from finding Sabbath on worship?

Wednesday 6.17 God's Provision Exodus 16:11-26

For the Israelites, a day of no work meant they needed to be prepared to provide for their needs. God made sure there would be food for them, that they'd be taken care of. What ways does a fear of provision keep you from finding/making space for Sabbath?

Thursday 6.18 Our Word Needs Rest Ephesians 2:8-10

God has created good works for us to do. When we do not find rest, when we do not practice Sabbath, we will not be prepared to keep doing the good work God calls us to, either physically, mentally, emotionally, or spiritually. Sabbath helps to keep us rooted firmly in God where our true strength comes from. When have you felt well rooted for God's work? When have you felt disconnected and tired?

Friday 6.19 Praise as Sabbath Psalm 1

The Psalms are filled with every emotion and cover a wide spectrum of human life. No matter what the situation or emotion they convey, they also always convey praise. No matter what, the speakers are coming to God. Sometimes in anger, grief, joy, and uncertainty. Coming to God in all moments is an act of praise. An understanding that in it all, God is still God. We practice Sabbath by going to God in *all* things. God gives us permission to be real, no matter how messy it is. When have you found rest by going to God no matter the circumstance?

Saturday 6.20 Celebration as Sabbath Leviticus 23

All these festivals include or are connected to days of holy rest. Some add extra days of rest. All these times included moments where the community gathered before God, but also, they would have shared food together as they celebrated each thing these festivals were to remind them of. They didn't just sit around to rest; they celebrated! They were to find joy in these moments. What brings you joy? What moments together with the church, in your family, or on your own bring you joy and help you find Sabbath rest?

Sermon Notes



CLUMC • 3500 Canyon Lake Drive • Rapid City, SD 57702
(605) 348-1080 • Office@clumc.com
Office Hours: Monday-Thursday 9 a.m.- 12 p.m. / Friday CLOSED