

**When Can We Rest?**

What’s the most tired you’ve ever felt? I’m sure moms can remember staying awake with a sick child all night. Most students have probably pulled an all-nighter to study. On our trip back from New Zealand, I couldn’t sleep in the tiny United Airlines seat at the back of the plane, but after about 24 hours of being awake, I finally fell asleep on the floor of the San Francisco airport. I don’t know if I could recommend it, but it felt great just to lay down! The record for the longest time a human has stayed awake is attributed to Robert McDonald, a professional stuntman from California, who stayed awake for 18 days, 21 hours, and 40 minutes in 1986. Guinness World Records actually stopped accepting new claims for this record because extreme sleep deprivation is highly dangerous—it can cause hallucinations, paranoia, cognitive impairment, physical issues, and potentially long-term effects like memory problems. Obviously God designed humans to need rest!

We all know that feeling when our bodies just cry out for a break. We need sleep, we need downtime, we need moments to recharge so we can keep going. But Scripture takes this idea of rest much deeper. The Old Testament Sabbath—that commanded day of ceasing from labor—was a wonderful gift, pointing to something even greater. It was a shadow, a preview, of the true rest God has in store for His people. In Hebrews 4, the writer explains this beautifully. He reminds us how the Israelites failed to enter God’s rest because of disobedience, even after coming so close to the Promised Land. Joshua gave them a kind of rest in Canaan, but it wasn’t the final one (Heb. 4:8). That weekly Sabbath pointed beyond itself to an eternal reality.

The passage says there remains a Sabbath rest for the people of God (Heb. 4:9). For those who believe, we enter God’s rest by trusting in Christ (Heb. 4:10). Like the rest of the Old Covenant, the old Sabbath isn’t binding on Christians in the same way anymore. Through Him, we cease striving in our own strength for right standing with God. Salvation is complete in what Christ has done.

That heavenly rest is what we’re looking forward to. It’s the full Sabbath we’ve been promised, where we’ll enjoy unbroken fellowship with God. Yet while we’re still here on earth, the call isn’t to stop working altogether. Hebrews urges us to “strive to enter that rest” (Heb. 4:11) through diligent faith and obedience to God’s Word (Heb. 4:12). We labor now for the Lord: serving others, sharing the gospel, building up the church, growing in holiness. Our earthly work is part of trusting Him and preparing for that final rest. We rest in Christ spiritually, even as we keep pressing on to the goal.

So, get some sleep when you can—your body will thank you! But more than that, find your soul’s deep rest in Jesus. And keep working faithfully until the day we step into His everlasting Sabbath. What a day that will be—no more tiredness, no more striving, just perfect peace with our Savior. Until then, let’s serve Him diligently.

**On Our Prayer List...** *\*May we always be using God’s blessing & power of prayer for one another: Jesus told his disciples a parable to show them they should always pray & not give up. Luke 18:1.*

<u>{Recent Medical concerns/updates}</u>		<u>{Upcoming Surgeries-Recovery}</u>	
*W. R. Long	*Jim Suddeath	*Wade Tummins—waiting tests results	*Gary Davis—continued prayers for improvement
*Jim Suddeath			
*Lillie Grigsby—(Keith’s mom) awaiting tests		*Thelma Davidson—(Gwen’s sister)	

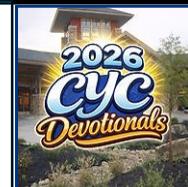
<u>THOSE DEALING/BEING TREATED FOR CANCER:</u>			
*Jimmy Phy—CA		*Houston Howell	*Brian Gill—CA—treatments
*Lillian Childress—successful radiation treatment		*Casey Vailes	*Mack Winstead—CA—continued prayers
*Dale Street—(N. Buttrey grandfather) CA			*Vicki Donegan—taking treatments—needs prayer
*Hudson Jones—(2yr old son of Dan & Catherine, Walnut St COC—Leukemia)			*David Nowlin—CA treatments—WCoC elder
*Robert Gardner—(friend of Bill Williams) CA			*Jackie Borders—Lauren Stuart’s mom
*Alan Jones—esophageal CA—treatments			*Maggie Wright—(friend of N. Buttrey) CA
*David Stokes—(Jordan Stokes & Carly Stone’s dad) & Drew Swearns step-dad			*Debbie Gafford—(friend of Diane Curtis)

Listed below are those that are continuing to have on-going medical issues that are in need of our prayers.

*Hattie Tate	*Al & Vicki Peek	*Betty Suddeath	*Diane Curtis	*Jerry Martin	*Claude Hurt
*Carlene Davis	*Chase Lewis	*Doug Simpson	*Josh Barnett	*Joe Wright	*Marcia Simpson
*Sue Edmission	*Alyssa Gold	*Carolyn Wilson	*Mike Gunn	*Scotty Palk	*Margie Gunn
*Scottie Lashlee	*Shane Cobb	*Larry Fuqua	*Janie Brown	*Warren (Johnny) Proctor	
*Savannah Patrick—(Rhetts syndrome—Marsha Patrick’s granddaughter—she loves cards) c/o Jaimie Patrick—111 McJury Lane, Lafayette, TN					

<u>{Assisted Living/Nursing Home/Rehab}</u>		<u>At Home in McEwen</u>
*AHC Decatur County—726 Kentucky Ave, Parsons, TN 38363 Wyle Marshall—(Rm 726) (Traci Adams dad)		Jim & Jane Ridings—172 Indian Ck Rd
*NHC—812 N. Charlotte, Dickson, TN 37055		Robert Bradford—347 Brown Mill Rd.
*Humphreys County NH 104 Fort Hill Rd. Waverly, TN 37185—June Dreaden—Rm 204		Jimmy Mullinicks—56 Mike Street
*Magnolia Place—811 W. Main St, Waverly, TN 37185—Jimmy Tyler—(room 106)		
*Waverly Hills Post Acute—895 Powers Blvd, Waverly, TN 37185—Bertha Bradford—rm 102A / Gary Pace		

**ANNOUNCEMENTS & UPCOMING EVENTS**

	The Valentine Dinner (hosted by our youth) has now been scheduled for Thursday, Feb 26th @ 6:00 PM. It is for all members age 50 & up. Sign-up sheet posted in the foyer.		Our group traveling to CYC (Feb 20th-Feb 22nd) will be leaving this Friday, please keep in your prayers for safe travels and a heart lifting weekend for all attending.
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Ladies of Leatherwood’s Annual Retreat - Feb {27-28} 2026. Cost \$40.00. Speaker: Judy Hinson Flyers with more info on back table of the auditorium.	<b>They are currently several new movers baskets for (Jan-Feb) downstairs needing to be delivered. Thanks for your help with this work!</b>	<b>Sign-up sheets now on the Youth Board in the foyer for: Makin Music—Sat, April 11th—afternoon show. Cost is \$35.00 per person, for anyone interested in going. &amp; Spring Break Youth Retreat—March 14th-16th - (Meeting about on Wed, March 4th after bible class). *Deadline to Sign-up for either one is March 1st.</b>
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**IN.F.O.C.U.S.** Faith, Obedience, Character, Unity, Salvation

We were finally able to get back to some youth activities this week after a couple of weeks of been stuck at home. Our first activity was FLAME on Wednesday night. We had a group of 7 youth in attendance. We began with a time of Valentine themed games followed by a great meal prepared by Laurie. After our meal we headed to bible class followed by our CYC meeting. On Sunday evening we had our progressive dinner. We began with appetizers at my house. We had 16 in attendance. Afterwards we loaded up and headed back to the church building for worship. After worship we loaded up and headed to the Coates home for our main meal. We had 21 in attendance. We enjoyed a great meal and wonderful fellowship before heading back to the building for some great dessert. I want to say a big THANK YOU to Wayne and Heather for providing our main meal and dessert and for hosting us in their home. It was a great evening!

In Christian Love, Keith

