

The Fourth Commandment: Your Struggle with Time.

1. The Core Conflict: Trust vs. Control

- **Letting Go:** The Sabbath requires stopping your work before it is finished.
- **The Illusion of Control:** A packed schedule may give you a false sense of security or importance.
- **God's Provision:** The fourth commandment instructs us to keep the Sabbath holy. Why? How do we do that in a culture of busyness? Do we live for the weekends? If you truly believed God could sustain your life and work in six days instead of seven, how would your weekly calendar change?

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2. Identifying Modern "Work"

- **Defining Rest:** The Sabbath commands us to cease from labor. Certain daily activities feel like work to your soul, even if they are not part of your job.
- **Digital Distraction:** Constant connectivity (emails, social media, notifications) blurs the line between a regular day and a day of rest.
- **The Fatigue Factor:** Find rest-days in your schedule that actually restore your energy.

3. Practical Hurdles

- **The Preparation Day:** A peaceful Sabbath requires planning ahead. What is the biggest obstacle preventing you from preparing your chores, meals, or schedule before your day of rest begins?
- **Saying "No":** Guarding your time means turning down good opportunities. Saying "no" to taking on another commitment is a way to protect your rest.

4. Delighting in the Sabbath: Heart and Worship

- **Delight vs. Duty:** The Sabbath was not meant as a rigid rule you must follow. It is a life-giving gift you get to enjoy.
- **Cultivating Joy:** Specific, life-giving activities (worship, nature, deep community) can be added to your day of rest to ensure it feels like a delight. Jesus says, "The Sabbath was made for man, not man for the Sabbath." In other words, it was always meant to serve you, not enslave you. The Sabbath was not meant as a rigid rule you must follow. It is a life-giving gift you get to enjoy.



July 26, 2026

FIRST PRESBYTERIAN CHURCH

1100 CALVIN ROAD // ROCHELLE, IL 61068

PHONE: 815-562-7053 WEB: PLACEFORGRACE.COM

WELCOME

July 26, 2026 - 9:00am

Welcome and Announcements—Nan Good

Time of Preparation for Worship

Call to Worship - Nan Good

Leader: "I am the Lord your God, who brought you out of the land of slavery, out of Egypt. You shall have no other gods before me."

People: "Lord, we declare that You alone are God. We offer You our highest praise and our steadfast devotion."

Leader: "With all that we are and all that we have, we come to adore and worship You."

All: "Amen."

Song: To God Be the Glory

Prayer of Confession and Assurance of Pardon

God of mercy, we acknowledge that You have called us to follow You, yet so often we have failed in our commitment to be loyal disciples. Help us once again to hear Your call and follow You. We confess that we have loved ourselves too much and others too little. Help us to follow You alone. Amen.

Song: Better is One Day

Scripture: Exodus 20:8-11 - Brad Chapman

Sermon: The Struggle with Time

Song: Breathe

Prayers of the People - Tessa Stouffer

Offering and Doxology

Prayer of Dedication

All praise to you, O Lord our God. May your people proclaim your glory in unending praise. Today we give you our thanks, as well as our gifts and our hearts. Through your Son Jesus Christ, with the Holy Spirit in your Holy Church, we lift up your name. Amen.

Song: There is a Fountain Filled With Blood

Blessing

Now through the Grace of our Lord Jesus, the love of God, and the presence and fellowship of the Holy Spirit, go in peace. Amen.

Our 3-5th Graders (and parents) made up 85 pans of lasagnas last Monday afternoon!

Thank you to everyone who ordered from them! They're excited to go to winter and summer camp in 2027! They profited over \$1,200!

With such a great turnout, we'll do it again! Watch for more details this fall!



Our men's breakfasts will be put on hold until the fall. We will not meet in July or August. Enjoy your summer and stay safe!

We want to make you aware that you can contact, connect and give electronically to this congregation. We hope that our worship and fellowship is something that you will continue to take advantage of. We are not pushing the idea of contributing, but want to offer it as well as other services that we provide, for those who want them. You can give electronically. There's a button on our website, or you can mail to our address at First Presbyterian Church, 1100 Calvin Road, Rochelle, IL.

But you can also visit with us electronically if you would like to. Our deacons offer individual visits, as well as our pastors. Counseling is available electronically from wherever you are. And if you would like to join the church and be on the committee, we are very open to our committee members being with us through zoom.



venmo

If you would like to give your offering digitally, we have our Venmo and a QR to our website.



TO GIVE ON OUR WEBSITE,
SCAN THIS CODE WITH
YOUR PHONE

Did you know that our church, along with many other Rochelle area churches and organizations, supplies volunteers to the Rochelle Christian Food Pantry?

The food pantry supplies staple foods and healthcare products to those in need each week on Tuesdays and Fridays right here in Rochelle. The need is great, and we have great volunteers!!

If you have not already done so, and would like to be on the mailing list to find out more information about upcoming days for volunteering, please contact Kurt Wolter, Modesta Gati, Patrick Hickey, or Nan Good, or call in to the church office and let them know. Please provide your email address so we may contact you.

Blessings, and thank you for considering this important outreach by our church and others.

Habitat for Humanity of Ogle County is looking for someone to join our Finance Committee to help with processing our next home applications for our 2027 Rochelle build, in addition to some other tasks. Someone who works in banking, mortgages, real estate would be ideal. Maybe even someone retired (but would not have to be).

If you are interested please contact Kurt Wolter, Modesta Gati, Patrick Hickey, or Nan Good

**NURSING HOME/ASSISTED LIVING
RESIDENTS**

Please keep our nursing home and rehab residents in your prayers. We list them here with their addresses - they would love to get a note or card!!

**Franklin Grove Healthcare,
502 N. State Street, Franklin Grove, IL 61031**

Teddie Pohl
Mildred Danekas
Gary Williams
Bruce McKinney

**Hawthorne Inn
2201 Flagg Road, Rochelle, IL 61068**

Shirley Villa
Judy (Nelson) Messer
David Guest

**Liberty Village
2203 E Flagg Road, Rochelle, IL 61068**

Codelle Leonard
Nancy Detig
Jan Hann
Clyda Lamb
Doyle Curtis
Arlyn VanDyke
Joanne Mayes

**Flagler Heath and Rehab Center
300 Dr. Carter Blvd.**

Burnnell, FL 32110
Pearl Fromm

**Brighton Gardens of St. Charles
600 Dunham Road Room 326**

St. Charles, IL 60174
Bill Frederick

Did you know ... we email out a newsletter every Tuesday afternoon.

If you would like to get our weekly newsletter, please email Sara at sara@placeforgrace.com and we can get you added on the list! We do mail a hard copy out every other week to those not able to get the email version. If you would prefer to receive your newsletter that way, please let the office staff know and we can get you added to that list.

Interim Pastor- Mark Hughey
Pulpit Supply/Pastoral Care—Xav Valdivieso
Office Coordinator/DCE - Sara Slattengren
Student Ministry Leader - Tessa Stouffer
Secretary/Receptionist - Midge Berg
Financial Secretary - Karen Hauck

Church Web Site: www.placeforgrace.com

E-Mail Addresses:

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Karen Hauck: karen@placeforgrace.com
Midge Berg: midge@placeforgrace.com
Church Office: info@placeforgrace.com

Office Hours: M-Th 9a-4p
Fri 9a-12Noon