

messenger

FINDING REST

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1. There is but One living and true God, the great Creator, and there are three Persons in the Godhead: the Father, the Son, and the Holy Ghost. Genesis 1:1-27; Matthew 28:19; 1st John 5:7.
2. We believe the Holy Bible to be the inspired Word of God. 2nd Timothy 3:16; 2nd Peter 1:20, 21.
3. We believe we are justified when we repent of our sins and believe in Jesus Christ. Mark 1:15; Acts 13:38-39; Romans 5:1.
4. We believe Sanctification to be a definite work of grace subsequent to Salvation. St. John 15:2, 17:16, 17; Ephesians 5:25-27; 1st John 1:9.
5. We believe in the Baptism with the Holy Ghost, and speaking in other tongues as the Spirit gives utterance to be the initiatory evidence of this experience. Acts 2:4, 19:6, 10:44-46. Since the Spirit gives the utterance when one is baptized with the Holy Ghost, we reject the teaching that one who has received the Baptism of the Holy Ghost can speak in tongues at will, without the Spirit prompting the utterance.
6. We believe in divine healing for the body. Acts 3:2-12, 9:32-43, 5:15, 16; James 5:14. We do not condemn medical science.
7. We believe every gift we receive from God, including divine healing, comes through the merits of the atonement. Romans 5:11; James 1:16-17.
8. We believe in the operation of the nine Gifts of the Spirit. We also believe in the manifestation of the nine Fruit of the Spirit and recognize that these should be present in the life of every believer. 1st Corinthians 12:1-12; Galatians 5:22-23.
9. We believe in the imminent rapture of the church, and the personal, pre-millennial Second Coming of our Lord Jesus Christ. Acts 1:10, 11; 1st Thessalonians 4:13-18; Revelation 1:7.
10. We, as a church, believe in the eternal redemption of all saints who are faithful to the end. Matthew 24:13; Revelation 2:10. We reject the theory of “once in grace always in grace” regardless of conduct. 1st Corinthians 10:12; Galatians 5:4.
11. We believe all who die out of Christ will be punished eternally, but those who die in Him shall share in His glory forever. Daniel 12:2; Matthew 24:46; St. John 5:29; Jude 7.
12. We believe the Bride of Christ is composed of the entire spiritual church. 1st Corinthians 12:25; 2nd Corinthians 11:2; Galatians 3:28, 29; Ephesians 4:16, 5:23-33; Revelation 19:7, 8.
13. We believe in the sacredness of marriage between one man and one woman. We promote commitment to strong family values. Ephesians 5:31-33, 6:1-4; Hebrews 13:4; Matthew 19:5; Leviticus 18:22; Genesis 2:24.
14. We require all our ministers to speak the same thing and that there be no division among us in doctrine concerning our Articles of Faith. 1st Corinthians 1:10.



FINDING REST

In Genesis 2, we read, “Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day and sanctified it: because that in it he had rested from all his work which God created and made.” I know that in this, we find where God established the rest, which we experience in Christ and his work of redemption.



BISHOP CHARLES HANSON
Bishop Charles Hanson serves as the General Superintendent of the Congregational Holiness Church.

Throughout scripture, we find where God commands us how vital rest is for us. According to 2 Chronicles 36:21, the reason for seventy years of captivity was the land had gone four hundred and ninety years without its sabbath while the children of Israel were in Egypt. I am thankful for the rest I found in Christ for my sin-sick soul. I am also grateful Jesus commanded us as he did his disciples in Mark 6:31, “Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.”

I have been guilty of thinking, the more I did for the church, the more I was doing for God. In part, this might have been because I felt the church was so gracious in meeting my needs, that the least I could do was give an honest week’s work. Also, I was raised in the home of a pastor. As a child, I had many chores to do, and most of them involved doing things around the church. It was just the thing to do. I write these things because, over the years in talking with pastors, especially those who were accepting their first church, they were so excited, they felt they would do anything because of their love for God. I read a story once about a man who went to the train station every day to watch the train go past. When asked why, he said, “I just want to see something big that I don’t have to push.” A lot of times, as pastors, we feel like things at church cannot go on without us. However, we cannot be afraid to take time for rest, because God has everything under control.

Never feel guilty about taking time off, for it is time to RECHARGE SPIRITUALLY.

With all this being said, I can say in over forty years of ministry, I have never become weary of the labor, but I have become weary in it. So, what do we do when we grow weary in labor? WE FIND REST! Rest is not an unspiritual word. If Jesus had to take time and pull aside for rest, who are we to think we don’t need to also. Let’s look at rest in the Bible. Genesis 2:2 says, “And on the seventh day God ended his work which he had made, and he rested of the seventh day from all his work which he had made. In Matthew 11:28, Jesus promised we could find rest in him. He says, “Come unto me, all ye that labor and are heavy laden, and I will give you rest.” David likened his rest like us lying beside still water in Psalm 23. In Hebrews 4:3, we are told, “For we which have believed do enter into rest.”

The question you must answer is, are you experiencing “God’s rest” in your life? Are you worn out trying to control everything and everyone around you? Someone once said, “Maybe it is time to resign as general manager of the universe and start believing God’s promises and trusting God to do what only He can do.”

In conclusion, never feel guilty about taking time off, for it is time to recharge spiritually. Don’t work too hard. God took the time to rest and enjoy what he had made. You were created with a need for relaxation, so take time to enjoy your work and the fruit of it. I believe the way to find “REST” is to listen to God’s promises, believe them, and show that you understand them by living in obedience to His word. In May, the Congregational Holiness Church reserves a day for Pastor’s Appreciation. If you are a church board member, this is an excellent time to make sure your Pastor has a day of rest.

I am thankful for the REST I found in CHRIST for my sin-sick soul.

OFFICIAL MAGAZINE OF THE CONGREGATIONAL HOLINESS CHURCH

EDITOR
Matthew Turner

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NEEDED REST

Wind River Reservation, Wyoming. Site of the 2020 SMYLE trip.



REV. SCOTTY POOLE

The Poole family. Scotty Poole serves as the World Missions Executive Director for the Congregational Holiness Church.

“**R**est” - is defined by Webster’s Dictionary, as repose or sleep, freedom from activity or labor, and peace of mind or spirit. Rest is simply having peace and quiet while being still. Rest means a moment of doing nothing, and that is not bad.

Rest can be overemphasized and abused, but it can also be underemphasized and neglected. Most ministers are guilty of the latter rather than the former. There seems to not be enough hours in a day to complete all necessary tasks, minister to the people, and care for your family. Something must be squeezed out, and usually, it is the minister’s individual rest and care for the family. **God places a high priority on rest.** After completing creation, God specifically and intentionally rested. It was so important He set rest as a statue for His people to follow.

In Mark 6:31, Jesus tells the disciples to come away from all activities to a quiet place to rest. The disciples had just witnessed the beheading of John the Baptist and were working diligently in the ministry, but Jesus knew they needed to rest because there was still more to do. The Bible Exposition Commentary quotes Vance Havner on Mark 6:31 - “If you don’t come apart and rest, you will come apart.”¹ You see, without rest we become worn out and susceptible to fainting in well doing. God does not want that for us. He wants us to prosper and be in health as our soul prospers. Our body, mind, and spirit need rest to be strong.

When I first started pastoring, I felt like I needed to be on 24-7. Those first few years, I do not think I was burning the candle at both ends, but I thought I was. For several different reasons, I thought I could be away from the Church only one or two days at a time and never on Sunday. Then my family talked me into taking them on a weeklong vacation. I will never forget how refreshing for my mind and spirit that trip was. But not only for me - I also saw that this vacation was refreshing for my family. I will never forget on my way home from that time of rest, I apologized to my wife and daughters for not allowing us to have adequate times of rest.

To summarize, the word “rest” translated in Mark 6:31 means to refresh. We all need that from time to time, so do yourself, your family, and your ministry a favor - always make a time to rest so you will be fresh for the Lord and your family. Enjoy this incredibly special gift from the Lord!

¹ Warren W. Wiersbe, *The Bible Exposition Commentary*, vol. 1 (Wheaton, IL: Victor Books, 1996), 131.



LEFT: Bryce and Autumn Roberts Wyoming host.



LEFT: COVID-19 aid in Africa



LEFT: COVID -19 aid in Pakistan



BELOW: International Minister Training Program



God places a
HIGH PRIORITY
on **REST.**

Executive Director’s Report

In February, I attended and ministered at the 50th Anniversary service at La Hermosa Church in Morelia, Mexico. While in Morelia, I also ministered at Lirio de los Valles, pastored by Rev. Elias Magaña.

I attended and conducted the annual conference in Panamá. Congratulations to Rev. Darinel Escobar, who was elected the new superintendent of Panama. From there, I, along with Rev. Tirzo Kolfin, made a trip to Colombia to meet with Pastor Franklin Quiñones regarding his affiliation of churches becoming a part of the CHC organization.

In March, I attended the Braswell CHC with Pastor Gloria Farmer for their WM Day. My wife, Redenna, ministered that morning. I traveled to Riverton, Wyoming, with Bishop Charles Hanson, Rev. Danny Oliver, and Rev. Ben Ivester to finalize the location and details of the upcoming SMYLE Trip to the Wind Indian Reservation this summer. Bishop Hanson ministered at a Nazarene Church while in Wyoming. Due to the COVID-19 sheltering, all travels for the rest of the month had to be rescheduled.

In April, all travels and schedule services had to be rescheduled due to COVID-19 travel restrictions. My family and I have been part of many virtual church services, both in the USA and internationally, during this time at home. The World Missions department began sending extra funds to help ease the burden placed on the people by the COVID-19 pandemic. Several videos have been created and are now airing in the USA as well as internationally to encourage our CHC leaders. By the end of the month, the International Ministers’ Training Program will launch.

FINDING REST

It has been years ago, I have long forgotten her name, but her tearful voice is a memory that remains. It was in our high school science class when she entered late, distraught, and obviously drawing the teacher’s attention. As memory serves, the conversation between this teenage girl and the teacher proceeded:

TEACHER: What’s wrong? Why are you crying?

STUDENT: My dad is going to kill me! My car is ruined!

TEACHER: What happened to your car?

STUDENT: The tow truck guy said the engine is destroyed... no oil!

TEACHER: Was the oil warning light on?

STUDENT: Yes. (Sobbing stronger now)

TEACHER: How long has the light been on?

STUDENT: Two weeks!

The teacher, to his credit, stopped the conversation lest he add insult to injury through the painful reminder that warning lights are there for a reason: stop now and address the problem!

It is always a dangerous thing to ignore warning signals designed as a reminder of the designer’s prescribed limits...

God Actually Did That

When God fashioned humankind on the sixth day of creation (Gen. 1:26-30), He did so with great intentionality and instructions for success. One of those specifications for humankind from the “Creator’s Manual” was the necessity of rest. Rest was so significant in that scenario that it much more than a precept but is actually modeled by the Creator Himself. Humankind was to recognize rest as a part of creation’s life-rhythm and are shown how to by the Designer’s own example!

While there are many considerations related to the reception and representation of the *imago Dei*, none may be more important in our present society than the consistent exercise of intentional rest. In his book *Subversive Sabbath*, A. J. Swoboda offers an excellent overview of how the creation narrative illuminates rest as a gift from God. Swododa emphasizes the powerful realization that the seventh day, God’s rest day, was the first full day experienced by humankind and thus “Adam and Eve’s first full day of existence was a day of rest, not work.”¹ It is also interesting to note the structure of creation “days” as beginning in the evening (e.g. “and the evening and the morning were the first day...” Gen. 1:5b). It seems God wants even our days to start with a focus on rest to equip us for the work ahead!

Obviously, when the commandment of a regularly observed Sabbath shows up in the Ten Commandments (Ex. 20:8-11), this is not a new revelation but the codification of something God instituted in the beginning for the well-being of His creation. Its inclusion in the Commandments simply reinforces the importance of the practice for all... yes, even those in pastoral ministry!²



DR. SAM AND RITA HEMBY

Dr. Hemby serves as Professor of Leadership of practical theology and church ministries at Southeastern University in Lakeland, Florida.

Jesus Actually Meant That

While a weekly day of rest applies to everyone, a group often overly susceptible to disobedience (yes, that what is is!) to the Sabbath command are those in pastoral ministry or other ministry-focused endeavors. While not permissible, it is understandable how this group of well-meaning servants, called to help people in difficult life issues, have trouble entering into relaxation and rest. However, Jesus both sets the example and speaks into this quite clearly.

In His final hours on earth with the cross looming, Jesus makes a statement that should cause us to listen intently. He declares in the prayer of John 17, “I have finished the work you have called me to do” (vs. 4). Are you serious, Jesus? How could you say this when, within a two-mile radius of where you are praying, there are many sick people, broken homes, dying addicts, hell-bound unbelievers, etc.? How could it be that you have finished what you are called to do? The answer to these questions uncovers the secret to enjoying the gift of rest while swimming in the deep waters of human suffering: the understanding of calling and assignment.

No individual is called to do everything and none of us can fulfil the Great Commission simply by “working a little harder” and ignoring time to rejuvenate. *Our individual callings and assignments to a particular arena of service never includes getting everything done.* Our assignment is to work hard in our sphere of influence while taking ample time (per God’s instructions) to rest on a consistent basis in order to resist the devil’s plot to “take us our early.” What a joyful life-rhythm results when a pastor/leader sleeps well at night knowing that “I have finished the work you have called ME to do TODAY.” What a joy a day off each seven days brings when one can declare, “I have finished the work you have called ME to do this WEEK.” Moreover, how incredibly refreshing a vacation becomes when one realizes, “I have finished the work you have called ME to do this YEAR.”

Jesus does not call people into the Kingdom Harvest to destroy them but promises rest to those “laboring and burdened down!” (Matt. 11:28-30)

I Can Actually Do That

Okay... I hear some saying, “It is one thing to know God has established rest and another to recognize Jesus has

promised rest, but it is a whole different thing to implement this in my situation.”

Space here does not allow much discussion related to implementation of good rest-rhythms (particularly if you have been influenced/infected by the well-meaning but mistaken mindset that thinks “I haven’t had a day off in months” or “I haven’t taken a vacation in years” is somehow spiritual!). However, the following three disciplines borrowed from Pastor Rick Warren³, if scheduled and executed with great intentionality, can be a great start in training both ourselves and others toward obedience to He who is both the lord of the harvest AND the lord of the Sabbath.

Divert daily

Finding rest begins with the daily discipline of healthy diversion. With unending responsibilities and expectations in focus each day, the willingness to unwind for a few minutes at a time is critical. Suzanna Wesley, mother of Charles and John Wesley, would reportedly find diversion and devotional time by setting a chair in the middle of the kitchen, pulling her apron over her head for a few minutes and instructing her ten children not to interrupt during those sacred getaways! Students at the university that pass me walking from one building to another, are not offended if I fail to acknowledge them... they know I am diverting with a “five minute vacation” and did not even “see” them come by!

Whatever your context allows, be very diligent to take periodic “fresh air” spaces several times a day in order to divert with purpose.

Withdraw weekly

Our brief overview earlier of God’s plan for humankind accentuated His one-day-out-of-seven design for the rhythm of rest to accompany a strong work ethic. While attempting not to be legalistic, this gift of rest does appear to entail a 24-hour period of uninterrupted restorative activity. Of course, Sunday is NOT that day for those in pastoral ministry!

What day of the week do you use for rest (restoration)? Is it a consistent

JESUS promises
REST to
those “laboring
and burdened
down!”

calendar-marked day every week? Do others know this day is set apart (sanctified) for purposes outside of ministry activities and work-related events? Does your spouse know this day is set apart each week and look forward to it with/for you? Do you find yourself able to navigate difficult days during the week more easily because you know that day is coming? These

are just some of the questions that we need to ponder when deciding to be diligent about the command of God for self-restoration.

Abandon annually

Finally, the triumvirate of survival also includes discipline on an annual basis... yes, a real vacation! Again, while not being legalistic about specifics, it appears that a relatively extended timeframe (no less than 7-10 days) is necessary to accomplish what annual vacations can provide. It usually takes at least three days to decompress from normal work, another 4-5 days to actually relax and find some restoration, and then another 2-3 days to prepare for reengagement. In other words, a day of two periodically several times a year does NOT tend to provide what a true annual vacation can accomplish!

Churches and other organizations operating in 21st century pressure-cooker environs will be well-served by second-level leaders (board members, council members, elders, deacons, etc.) that insist on senior leaders setting the example for all other constituents by taking a **mandatory** vacation every 12 months. This does not need be an expensive arrangement but can be as simple as a “staycation” involving a change of pace with no work-related responsibilities, on-call or otherwise. This will go a long way in creating a culture where people enjoy being involved, stay engaged long term, and will prove a win-win situation!

Final words

Rest is a gift instituted from creation, exemplified by Jesus, and promised to those that will commit to “finding rest” in a world of unending activity. What a joy to serve a life-giving Savior!

By the way, check your oil...



TURN IT OFF



DR. MATTHEW TURNER

The Turner family: Matthew, Anna & Elia. Matthew serves the Congregational Holiness Church as the Mission USA Director.

For as long as I can remember, I have been fascinated and borderline obsessed with technology, specifically cell phones. I remember so well the first cellphone that I got as a young teenager. It was a blue Nokia that had a green and black screen. I thought it was so cool to have a cell phone, and I must have played the game “snake” on that phone for hours late at night. As the years passed and technology improved, I have had many different types and brands of cell phones. There is a truth that has become evident in my life about technology/cell phone use; if I am not careful, I will allow it to consume much of my time every day. I know I am not the only one who spends a great deal of time on a phone or tablet. According to research, people in America spend 5.4 hours on the phone every day.¹ I know from personal experience, all this time spent on a phone, tablet, or computer robs you of life that is happening all around you. Let me appeal to you, take the time to turn your phone off, sit it down, soak in the life taking place all around you, and find rest.

Built into almost every application on our phones and tablets is a feature called “push notifications.” These small bits of technology are truly genius. These push notifications allow you to be notified every time someone sends a text to you or sends a message on Social Media. They also buzz you when your favorite shopping retailer has a new sale, or when you are near a store that you can spend time shopping. If you have many different applications on your phone, then there is a potential of perhaps dozens of times of being notified from these various applications. I am sad to say; this was my life. Because of all the different applications I have on my phone, and how often I use them, I had all my notifications turned on. This resulted in as many as 75 different times a day my attention was pulled away from whatever it was I was doing that day and put on my phone. There was no rest to be found because I was continually being notified. What I came to realize is that while it may not have seemed like massive spiritual warfare, the enemy was warring against me to try and exhaust my mind and keep my mind off the things of the Lord.

Do you remember the story of when Jesus entered into the house of Martha in Luke 10? This account is a first-century example of the same battle we fight in 2020. Jesus is sitting in the “living room” teaching and sharing stories with Mary and others who may have been in the house. However, while Martha wanted to be also seated with Jesus learning herself, she felt like it was more important to be up in the “kitchen” preparing food for the guests that

were in her home. We know that she thought this was more important at that moment because she asked Jesus to tell her sister to get up and help her (Lk 10:40). Jesus responded to her by saying, “But the Lord replied to her, “Martha, Martha, you are worried and bothered and anxious about so many things; but only one thing is necessary, for Mary has chosen the good part [that which is to her advantage], which will not be taken away from her” (Lk 10:41-42, AMP). Jesus pointed out that Martha was bothered and anxious by things that she thought were important. Jesus was saying to Martha was, “it can wait.” Whatever it was that Martha was doing could have waited. Those things were not the most important at that moment. The thing that was important was spending time with Jesus, family, and friends while He was in the house.

Still today, the enemy works hard to bother us and make us anxious about things that are not vitally important. In my personal life, when I would get some notification on my phone, I felt like I had to check it right then. If the notification required a response, I felt like regardless of what I was doing, I had to stop and respond. I had become Martha and didn’t realize it. I couldn’t see it at the time, but the impulse to do, work, serve had overtaken the things that were more important. Our relationship with Jesus, our family, and getting enough rest is more important than our notifications in life.

God gave me a wakeup call one night. The lights came on in my Spirit, and I realized that while what I was doing was not bad, like Martha serving and preparing was not in itself wrong. However, it was keeping me from what was best. The Lord had to teach me to turn it off. **Turn off those notifications, turn off the phone, put it down, and rest. It is ok to respond to that text, email, or other notification later.** It does not need our full attention at this very moment. Jesus addressed this in Matthew’s Gospel by saying, “Therefore I tell you, stop being worried or anxious (perpetually uneasy, distracted) about your life, as to what you will eat or what you will drink; nor about your body, as to what you will wear. Is life not more than food, and the body more than clothing? But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also” (Matt 6:25;33 AMP).

In this busy and chaotic world, I pray the Lord richly bless you and help you to rest.

Our relationship with **JESUS**, our family, and getting enough **REST** is more important than our notifications in life.



¹ Jovan Milenkovic, “How Much Time Does The Average Spend On Their Phone?,” Kommando Tech, February 11, 2020, <https://kommandotech.com/statistics/how-much-time-does-the-average-person-spend-on-their-phone/>



2020 MEN'S EMPOWERMENT CONFERENCE



REV. RONALD COOK

Ronald and Tonya Cook. Ronald Cook serves as the Men's Ministries Executive Director for the Congregational Holiness Church.

Little did we know when we assembled for the 2020 Men's Empowerment Conference that it would be one of our last accepted large gatherings for a while. We gathered at the North Griffin CHC in Griffin, Ga, where host pastor Rev. Gene Luke graciously opened his doors to make this meeting possible. A great deal of hard work went into this, and I'm thankful for everyone who played a part in making it a great success. On Friday night, the Manntown CHC prepared a meal for everyone to enjoy before service. Rev. Don Sansbury and the Living Waters praise team lead us into worship before Rev. Stephen Phillips, the CHC Second Assistant General Superintendent, brought the word from 1 Samuel 14:1-2 entitled "The Pomegranate Dilemma." The message was a very stirring, thought-provoking, and timely message. In the day we live, we need to let the world know what we are for rather than against, more for what we do than don't do, and let the lost and dying world know that what we have they need.

On Saturday morning, we were blessed to have three young ministers from three different conferences bring the word for us. Rev. Andrew Willingham (Central Ga) preached out of Joshua 24:15 "We Must Fight," encouraging us to "fight" for our families to serve the Lord. Rev. Chris Mann (Florida) preached on "Take a Second Look" out of 2 Kings 6:15-17, and then lastly we had Rev. James Dew (North Ga) "Break The Curse and Get The Vision" out of Luke 18:35 letting us know that generational curses can still break.

There was such an atmosphere of great fellowship, love, and worship this year for our "2020 Vision" Conference, and I'm again so thankful to my board and everyone that took part from the largest to the smallest, you truly made it possible. I pray God's richest blessings on you and yours until we meet again. I love you all!



ONE DAY CLOSER

I don't know about you, but I always eagerly anticipate the arrival of the latest edition of the Gospel Messenger. Since my appointment to serve as National Commander of Royal Rangers almost seven years ago, my appreciation for our quarterly news publication has grown exponentially. When I was a child growing up in the CHC, I amused myself during lengthy sermons by drawing beards and glasses on the black and white photos of many of our church leaders from days gone by. Now that I am serving



Men's Ministries and Royal Rangers have been connected for over 40 years now.



What a joy to share the mission of Royal Rangers with those who attended Men's Empowerment this past February.

as a departmental leader, I have a much deeper understanding of the labor and thoughtfulness that goes into each page of the Gospel Messenger. Weeks before this magazine reaches your hands; your church leaders are prayerfully considering what words to write or which photos to share. For me, the task is never easy. How do I adequately convey the need to mentor the young men in our Royal Rangers outpost? How do I encourage those who read my words to continue in faithful service to the Kingdom- even when times are tough?

Thus I always seem to submit my material as close to the deadline as possible. Such was the case this morning as I continued to ponder: "What shall I write?"

Or
"What can I say that hasn't been said a hundred times before?"

Then it happened. Just this morning, as I entered the foyer of my local church. It was Sunday morning, and I was there to assist with the Facebook live-stream service necessitated by the COVID-19 virus quarantine.

Just outside the doors of the main sanctuary is a small table where church bulletins, brochures, and a few other leaflets await those eager to learn more about the CHC. Also on this table are copies of the Gospel Messenger. This morning, as I walked past this table, my eyes fell upon the front cover photo of the last issue of the Gospel Messenger. Immediately, I was awestruck by the precious smiles of Hugh and Judy Smith. Who would have guessed that before another Gospel Messenger could be

published, that Brother Hugh and Sister Judy would be called home to eternal rest with our Lord Jesus?

The beautiful smiles which graced the faces of this precious couple were a sober reminder that we are all one day closer to eternity than the day before. One day closer to Heaven. One day closer to an everlasting day free of sorrow, pain, and frustration.

As I paused to remember this faithful couple, I was reminded of the words found in Hebrews 4:9, "There remaineth therefore a rest to the people of God."

Beloved: let me remind you that a day of rest is coming! Perhaps more than ever before, the church is faced with uncertain times. Weariness seems to be an inevitable result of the political and social climate of our time. But let us not be weary in well-doing. In due season, we will reap if we do not faint!



REV. BRIAN WILLINGHAM

The Willingham family: Brian, Rebecca, Zach and Ally. Brian is the Royal Rangers National Commander for the Congregational Holiness Church.

LIFE CHANGING REST



REV. WANDA MURRAY

Wanda Murray is the Women's Ministries Executive Director.

In the book of Genesis, when God finished His work of creation, He rested. There are times when we have finished work, and we should take a rest and get away from all the chaos that seems to take away our focus. It was such a time for my husband and me when God sent us on a life-changing journey.

It was in 1999, and we had just finished a pastorate when we got an opportunity to attend an all-expenses-paid leadership conference in Portland, Oregon.

I had always wanted to see T.D. Jakes in person, and at that time, I had a lot of confidence in him. Well, guess what? He was at that conference; we got to hear him preach, in person, on Monday night. God will give you the desires of your heart. There were several great men and women at this conference and some wonderful preaching and teaching.

Brother Larry Houk was the sponsoring pastor that gave the invitation to pastors of different denominations around the world. There were pastors from Africa, Israel, Mexico, and all over the United States; it was so good to meet other pastors and experience some of their customs and the tremendous worship; we received such a marvelous welcome there!

For five wonderful days, we were in service all day and back at night for another great service. The week was an excellent time of rest for us, and God knew just what and when we needed this life-changing experience. I wish I had the time and space to tell you everything that happened, and maybe I can, another time. Just remember: God gives rest for the weary, and Joy comes in the morning.

God gives **REST**
for the weary,
and **JOY** comes in
the morning.

BLESSED IN HIS REST



TONYA COOK

Tonya Cook serves as the Missionettes Executive Director for the Congregational Holiness Church.

As I pondered on what to write about the little word "rest," so many thoughts flooded my mind. In the book of Matthew, Jesus is letting us know that when we are heavy laden that He is our source of rest. The word laden means burdened or loaded down. So many times, in life, we find ourselves so overwhelmed with the troubles and cares of this life, laden, if you will, and with all this, our bodies and spirits grow tired. In His word, He has given us the solution on what to do. We, in our weakness, need to come to Him and cast our cares, fears, and anxieties all upon Him because He loves and cares for us. He does not want any of the things of this world to overtake us.

I remember as a child taking piano lessons and learning of the musical "rest." This is a symbol used to note that there is a certain period of silence in the measure of music. See, even music needs rest in it. Such as the time in music, we can use that reference in our daily lives. The Lord we know will not put more upon us than we can bear, but as humans, we often wonder, can we stand up underneath the load? That's when we need to pause, take a physical

rest, and talk to Jesus and let Him fill our Spirits with a rest that can only come from Him.

Many years ago, I battled a full-blown attack from Satan that affected my body and caused such anguish, anxiety, and exhaustion. I went for over three weeks with no physical rest. And when I say no, I mean absolutely none. My body

I knew He was the only one who could give me "rest." Doctors tried and failed, medication the same but I remember one night when I felt like my life was coming to an end physically, I had even told Ronnie it was my time I couldn't fight anymore, the Lord came in and whispered sweet peace to me, and my rest finally came. He knew

my breaking point, even tho I thought it would have and should have been much sooner. I'm just so glad today as this world deals with such unrest and upheaval that I know the real source of my "rest" and that I can trust Him because He never has and will never fail me. Today, if you feel like all hope is gone, take it to Him I promise He will pull you up in His loving embrace and flood

your soul with a peace that passes all understanding and help you find your rest.

God bless you all. I love you and know that the Lord has great things in store for us all! Be blessed in His rest!

In the book of
Matthew, JESUS is
letting us know that
when we are heavy
laden that **HE** is our
source of **REST**.

had somehow forgotten how to be at ease and sleep. You may think it impossible, but during those three weeks, I felt like I would crumble beneath the weariness (laden) with no form of sleep. In all of those confused, scared, lonely hours,

RESTING IN HIS ARMS



SUSAN HANSON

First Lady Susan Hanson. Susan serves the Congregational Holiness Church as the Ministers' Wives Director.

A wonderful memory as a child that I have is when I would be riding in the backseat of the car at night and falling asleep as I heard the roaring of the car hum. I wished the ride would never end. The best rest anyone could ever get, no worries in the world because I felt safe. Then, I would hear the car shut off. It is time to get up, but I would play like I was still asleep. Daddy would come to lift me out of the vehicle into his arms, carry me in the house, and put me to bed. This reminds me of Isaiah 40:11, "He shall feed his flock like a shepherd: he shall gather the lambs with his arms and carry them in his bosom, and shall gently lead those that are young." God is described as one who picks up an individual lamb in order to protect it and carries it close to His heart.

Life, in general, brings responsibilities, whether it be tending to children, cooking, cleaning, or just being busy with everyday tasks, we get physically tired. It is so easy to get caught up on the busyness of the day that we get not only weary but heavy laden. Our body can get the rest, but many times we get up still not rested in our mind, spirit, and soul. When we need this kind of rest, only Jesus is able to give the rest, which brings joy, peace, and hope by being in his presence. Just as I trusted my daddy to carry me in his arms, we must do the same with Jesus. Real rest comes from reliance on Him.

To receive real rest in Jesus and to feel his presence, we cannot let our mind control us. We allow the worries of this world to load our minds up with things. There is a peace that only Jesus can give us. Get alone with Him, feel His presence, feel His arms wrapped around you, feel His love. Perfect rest and comfort only come when we are in his presence. Staying in his presence will take us obeying him; with obedience comes joy. Rest in His arms and believe that He loves you with a love that is beyond your understanding.

There has been so much going on with all of us these last few months. These things can take our mind off Jesus, instead of looking at the circumstances of life, look to Jesus, the author and finisher of our faith. I am ready to get back to normal, but I think that is what the problem has been for the church for many years. We have been in a comfort zone. There is a lost and dying world that needs to find that rest in Jesus. We, the Church, are the ones that can give hope to them. So my advice to all: get the rest we need from Him, then get busy telling the world about His saving grace.

TAKE A REST

The dictionary definition of **rest** is *ceasing work or movement in order to relax, refresh oneself, or recover strength*. The Bible instructs us to take one day of rest. God took a day of rest while creating the world that we know today, so why can't we?



EMILY HUTTON

Emily Hutton serves at the Junior World Missions Executive Director for the CHC. Emily is 19 years old and attends Woodstock Park CHC in Jacksonville, Florida.

I am 19 years old, a full-time college student, and I babysit from time to time, my schedule is always booked, either focusing on school with homework, writing assignments, labs, and exams. Also adding in church with sound booth, children church, world missions, paying my tithes, and making sure that I'm there for Sunday School. You're probably thinking, "Wow, you must have such a hard time putting time aside to rest?" Well, no, Even though I am an adamant procrastinator, and I have been diagnosed with ADD (Attention Deficit Disorder) since third grade. I push myself to make sure to have everything done before a specific day, just one day, whether that be Sunday or Friday, I make sure I get to have my 'chill out day' and relax. In Exodus 31:13-17 the Lord tells Moses to tell the children of Israel this, "Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord

who sanctifies you. 'You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. 'Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day, he shall surely be put to death. 'Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. 'It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.'" It is right here in the Bible that God instructs us to take a day of rest, to keep the Sabbath day holy. The Old Testament is just as relevant today as it was in the Before Christ (B.C.) era. As Christians, we have to realize that it is okay to take a break from the workload. We should also reassure our pastors and leaders that it is okay to take a break once a week and relax, God

has it all taken care of in his time just like His word says. Matthew 11:28 "Come to Me, all you who labor and are heavy laden, and I will give you rest." When we fall in love with Jesus and have a serious relationship with Him, we can find that rest and comfort through Him. He is a mighty God and does all things, "But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible" (Matthew 19:26). I can rest with the assurance that my God stays the same through it all. He is there while I'm watching Netflix or hanging out with my friends, or just scrolling through social media. I know for a fact that my God is still there for me. He is there, always.

In closing, to all of the pastors, preachers, teachers, mission field workers, and leaders, it is just fine to take a break and rest. God will be the same God as He was before, I love y'all and all that you do, THANK YOU! And I hope to be up there just like y'all someday!

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2020 CAMPMEETING AND YOUTH CAMP SCHEDULES

North Alabama

Youth Camp June 14-18

Speaker:

Rev. Destiny Thurman

Campmeeting July 12-17

July 12 Speaker:

Rev. Mark Willingham

July 13-17 Speaker:

Bishop Ronald Wilson

West Carolina

Jr. and Sr. Youth Camp

Canceled

Campmeeting July 3-9

Speakers:

Dr. Mark Williams

Rev. Bryan Cutshall

Virginia

Junior Youth Camp June 10-13

Speaker: Rev. Wes Conner

Senior Youth Camp June 17-21

Speakers: Paul Robertson,

Wes Conner, Greg Cox

Campmeeting August 3-7

Speaker: Rev. Noah Hatfield

North Georgia

Jr. Youth Camp & Sr. Youth

Camp Canceled

Campmeeting July 24-31

July 24-27 Speaker:

Rev. Nick Dalton

July 26 AM Speaker:

Dr. Matthew Turner

July 28-31 Speaker:

Rev. Justin Griffis

July 27-31 AM Speaker:

Bishop Ronald Wilson

Florida

Jr. Youth Camp June 19-24

Speaker: Rev. Hayward Clark

Sr. Youth Camp June 23-26

Speaker: Rev. Roger Luke

Glen St. Mary Campmeeting

July 19-24

Speaker: The Blythes and Rita

Odom Campmeeting August 3-7

Speaker: Rev. B.B. Barwick

South Alabama

Youth Camp June 14-19

Speaker: Rev. Lance Crews

Campmeeting July 12-16

Speaker: Rev. Eddy Sullivan

Central Georgia

Jr. Youth Camp June 8-11

Speaker: Rev. Tony Evens

Sr. Youth Camp June 15-19

Speaker: Rev. Abraham Carrillo

Campmeeting July 19-23

July 19-21 Speaker:

Bishop Charles Hanson

July 22-23 Speaker:

Rev. Beth Stephens-Johnson

East Carolina

Youth Camp June 7-12

Speaker: Rev. Amanda Chaney

Campmeeting July 6-10

Speaker: Rev. Jeremy Pooler