

# A Panda for Rest

by Rev. Lance Armstrong O'Donnell, Senior Pastor  
St. Paul's Lutheran Church  
Oconomowoc, Wisconsin

The 5th Sunday after Pentecost (Proper 9)  
9 July, A.D. 2017  
Zech 9:9-12; Rom 7:14-25a; Mt 11:25-30

## Introduction

Matthew 11:28-30 (ESV)

<sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light."

CCT: Jesus Christ--the crucified and risen Son of God  
--is true peace, rest for our \_\_\_\_\_.

## I. Why Rest for the Soul is Important

## II. The Struggle

Romans 7:21-25a (ESV)

<sup>21</sup> So I find it to be a law that when I want to do right, evil lies close at hand. <sup>22</sup> For I delight in the law of God, in my inner being, <sup>23</sup> but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched man that I am! Who will deliver me from this body of death?  
<sup>25</sup> Thanks be to God through Jesus Christ our Lord! . . .

Your Baptism saves you and gives you a clean conscience toward God, but it does not--in this life at least--eliminate the old \_\_\_\_\_ nature.

(1 Pet 3)

Don't think too lightly about the sinful nature...

What are God's weapons to deal with the sinful nature?

1. \_\_\_\_\_ in Word and Sacrament.
2. \_\_\_\_\_.
3. Christian \_\_\_\_\_.

A message to young and old...

It is in confessing our brokenness that we most clearly see who \_\_\_\_\_ are, and the glory of Christ, who was "tempted in every way as we are, but without sin." (Heb 4.15)

Where is our rest?

## **Conclusion**

2 Corinthians 5:14–15 (ESV)

<sup>14</sup> For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; <sup>15</sup> and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.



## One-night Movie Event

A one-time showing of *A Return to Grace: Luther's Life and Legacy* for members of St. Paul's Ev. Lutheran Church and our community.

**Marcus Theater in Delafield, WI  
Thursday, October 5<sup>th</sup> at 6:30 pm**

This new film follows the great adventure of Luther's life, packed with political intrigue, kidnappings, secret hideouts, and life-or-death showdowns. At the same time, it's a story about the most important questions of life. Who am I? What is my purpose? How do I get right with God?



A must-see for any Lutheran and a chance to share the message of your Lutheran heritage with others. **Invite your friends and neighbors!**

**IMPORTANT:** All tickets must be purchased in advance. Tickets can be purchased at a special website set up for the screening:

**<http://luthermovie.link/delafield>**

*If you would rather not purchase tickets online, you can purchase tickets through our church contact: Pat Menden at 262-646-3508*

A portion of ticket sales are returned to our congregation for our mission and ministry.

Please join us for an enriching experience at the  
**2017 St. Paul's Marriage Retreat.**

November 10 - 12, 2017

***Celebrating the Journey with Christ:  
On the Same Page***

**Cost per couple:**

\$350 (**Early Bird Special**- If booked and paid prior to 8/31/17.  
The first 20 to register are also guaranteed Lake View Rooms)

\$375 (If booked after 9/1/17)                      Final Registration 9/18/17

This low cost includes 2 nights stay and a Dinner Buffet for two on  
Saturday night!

**Where: Blue Harbor Resort**

725 Blue Harbor Drive, Sheboygan, WI 53081

[www.blueharborresort.com](http://www.blueharborresort.com)   [www.visitsheboygan.com](http://www.visitsheboygan.com)

**Registration Form:** Please find this on [www.splco.org](http://www.splco.org).

**Questions? Email:** [stpaulmarriage@gmail.com](mailto:stpaulmarriage@gmail.com)

**Call or Text:** Linda Hertneky @ 651-206-8497  
Angie Scharnell @ 920-285-1264

*A Cord of Three Strands is not Easily Broken*  
*Ecclesiastes 4:12*



***To help keep costs down there are Sponsorship opportunities!  
Sponsors will be recognized in the Epistle, Bulletin and at the  
Retreat. Thank you for supporting the Marriage Ministry!***

- Refreshment Breaks (3) - \$200
- AV and Conference Materials - \$250
- Sponsor a couple - \$375
- Friday Night Social Hour - \$500