

The Connection



HOPE
CHURCH | RALEIGH
• A Congregation of the Evangelical Presbyterian Church—EPC •
WORSHIP. GROW. SERVE.

A Weekly Online Newsletter: Edition 878

March 18, 2026

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.
(rf. [Matt. 11:28-30](#) NASB)

So there remains a Sabbath rest for the people of God. (rf. [Heb. 4:9](#) NASB)

And I heard a voice from heaven, saying, "Write, 'Blessed are the dead who die in the Lord from now on!'" "Yes," says the Spirit, "so that they may rest from their labors, for their deeds follow with them." (rf. [Rev. 14:13](#) NASB)

Our present culture runs and thrives on activity, indeed, continuous activity. We are encouraged to get the most out of life, so this means having our lives permanently in "drive" mode. Our news is instantaneous. Our smartphones keep us continually updated on the latest information from around the world. We are in constant connection with others through our texts and messages. We are the perpetual "rabbit" in the race with the ever-disappearing "hare".

As Christians, most of us are captivated and caught up in this same rat-race. We feel pressured to comply with the culture. Our spirituality is locked into this "always urgent" scenario. We get "*weary in well-doing*" (rf. [Gal. 6:9](#)) though we are told by the Apostle Paul not to do this. The treadmill continues to push us forward at every increasing speed but we cannot seem to get off. We have connected success in ministry with being busy about the Lord's work.

We have forgotten a very simple, foundational principle in Scripture, found at the very beginning of the Bible. God Himself rested (rf. [Gen. 2:2-3](#) NASB).

By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

God did not have to rest. He was not tired from His efforts. He is Almighty; His energy and resources are limitless. So, why did He rest? He did so as an example to us, the peak of His creation, mankind. Unlike God, our bodies are not designed to work forever in themselves. We need food, water, nutrition to help these bodies regenerate so we can keep going. We will wear out if we are unwise in how provide for ourselves.

God knew this and so He established the Sabbath, a day of rest for us. It is not just the day that is important here; it is the concept. Rest is a good thing for us as human beings. We need downtime to refresh, relax and recharge our batteries. Indeed, Jesus taught us to lay our burdens at His feet so that we could have rest. The life of following Jesus is not intended to be burdensome nor hurrying at all. Rather, He says that His calling upon us as His children is to be "*easy...and...light*", especially as we purposefully choose to rest in Him.

My challenge to us all is to create for ourselves a rhythm of rest that we schedule into our lives. This must be a conscious and willful decision to make because, if left to ourselves and to the culture, we will leave ourselves on this ongoing treadmill that exists solely to drain us of energy and joy. Not only will such a commitment to rest benefit us now, physically and spiritually, but it will prepare us for the rest that is promised to us when this life is complete. Heaven will be an eternal Sabbath where the burdens of this life have vaporized and all that remains is our being in God's presence, forever basking in His peace and contentment. Committing to rest now is but a foretaste of the wonderful rest to come!

Pastor Chris

HOPE Calendar

Wednesday, March 18th
Supper at 6:15 pm
At 7 pm a new study begins in the Church and the Last Days, followed by Prayer

Sunday, March 22nd
Worship Team Practice
@ 8:30 am
Worship @ 10:00 am
Church-wide Covered Dish Lunch
to follow shortly after Worship

Wednesday, March 25th
Supper at 6:15 pm
At 7 pm the Study of the Church and the Last Days, followed by Prayer

Sunday, March 29th
Worship Team Practice
@ 8:30 am
Worship @ 10:00 am
Sunday School/Adult AfterChat @11:15

OPPORTUNITIES TO GROW

Women of HOPE

Meetings generally at HOPE on the second and fourth Saturdays every month from 10 am to Noon.

Next Meeting: March 28th
at HOPE Church (with Bible study
—See note below)

Raleigh Dream Center Food Pantry

“Food of the Month”

**ONE-MEAL CANNED SOUPS/
CANNED MEAT**

The collection bin is in the foyer

Prayer Requests:

Ernest Mbeng, Jordan Stevens, Kathy Herriman, Gene and Becky Hale, Erin’s parents & brother, Burton, Pastor Chris & Lori King, Sandy (Kathy’s friend), Donna (Joan’s friend), Patty Moyer & son, Brandon, Jerry Kinard, Alice Kinard (transplant possibilities), Tom & Donna Williams, Ron Clifton, Phil Parton, Krishana, Sam, Rachel & children, Joan Rollinson, Dianne Reinoso, Cindy, Barbara (stroke), HOPE Children & Youth ministries, Peggy Karpenske, Claudia in Idaho, Dave & Dot Geil, Corbin Broome, Mallory family, Carol and Colin, Tommy, Skip, Walt, Loretta, Joan Summers, Janice Worthington, Donna Abel, Pastor Marty & Terry Duffell, Laura Bradshaw (stroke recovery), Tom Klein, Baby Sutton, future plans & growth (spiritual & numerical) for HOPE Church Raleigh!

Next Sunday’s Sermon:

Call Upon Him in Time of Trouble
(rf. *Ps. 143:1-12*)
Pastor Chris King

Helping Hands Ministries for March 22, 2026

Live Streaming

Al Floyd

Soundboard

Bill Joyner

ProPresenter

Elizabeth Floyd

Communion Preparation

Lynn Joyner

Nursery

Caroline Hutchins & Duart Johnston

Communion Assistant

RE Elizabeth Floyd

Prayer Support

RE Donna Williams

Welcome/Announcements and Scripture Reading

RE Elizabeth Floyd

Looking forward to Holy Week 2026:
Palm Sunday—March 29th
Maundy Thursday—April 2nd
Good Friday—April 3rd
Easter Sunday—April 5th

OPPORTUNITIES TO SERVE

TLC Devotion

On Wed. March 25th at 11 am
@ TLC

HOPE Meal Ministry

Take a meal from the freezer if
needed for you or someone else.

Continue to pray for Ernest Mbeng. He has now been moved to hospice care and his condition is deteriorating. Also, continue to keep his family in your prayers. All of them are appreciative of our love and concern.

The Women of HOPE are continuing with their Bible study on March 28th, 2026.

The study is based on the book,
Becoming a Woman of Grace,
by Cynthia Heald

If interested, contact Alice Kinard
for further details.

Giving to the Ministry of HOPE:

Online via QR Code



Or on our website:
www.hopechurchraleigh.org
or by check made out to:
“Hope Church Raleigh” and dropped
in plate during Communion

To prepare for next Sunday, click on the link and be blessed!

https://www.youtube.com/watch?v=ESmuG_5MOiw&list=RDESmuG_5MOiw&start_radio=1

SERVING OPPORTUNITIES

Meals for Wednesday Night Suppers
Sound Board Volunteers
Nursery Helpers



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in the search box)