



*The Courage to Rest*  
*why slowing down can be the*  
*bravest decision you make.*

HIGH  
POINT  
*friends*  
MEETING  
336-884-1359

October 22, 2023

In Ministry

Minister:

Scott Wagoner

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Organ:

Carmen Farlow

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Piano & Voice:

Wanda Simmons

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## Matthew 11:28-30

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

## Psalms 118:5

5 In tight circumstances, I cried out to the Lord.

The Lord answered me with wide-open spaces.

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# High Point Friends Meeting

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Prelude: Christ Means More to Me Than You'll Ever Know  
*As the music begins, we invite Friends to settle into a silence that serves to prepare us for our time of worship. Welcome the music to gather us together as a faith community at worship.*

Welcome & Announcements:

Centering Prayer: "Loving God, help us to let go of all that carry. May we receive Your grace that invites us to rest. Help us to know how to be both concerned for our world and to take care of our souls. Help us to know where to focus our energies so that we can do the best in the best way. Amen."

Hymn: "Praise to the Lord, the Almighty" #34

Prayers & Concerns:

Offertory: Hymn of Promise

Choir: Jesus is My Song of Grace-*Joseph Martin*

Scripture: **Matthew 11:28-30, Psalm 118:5**

Hymn: "Spirit of the Living God" **(See Insert)**

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Message:

## "God is Pro-Rest"

**Open Worship:** In this time of open worship, Friends take time to center down, wait on God to provide ministry to your soul and see if God wishes to use you as an instrument of grace.

**Hymn:** "Open My Eyes, That I May See" #367

**Benediction:**

**Postlude:**

Thoughts for Reflection:

"We must have some room to breathe. We need freedom to think and permission to heal. Our relationships are being starved to death by velocity. No one has the time to listen, let alone love. Our children lay wounded on the ground, run over by our high-speed good intentions. Is God now pro-exhaustion? Doesn't He lead people beside the still waters anymore? Who plundered those wide-open spaces of the past, and how can we get them back? There are no fallow lands for our emotions to lie down and rest in."

*(Dr. Richard Swenson)*