
rest

We must learn to live a life that...

- ▶ is prioritized around Kingdom and eternal values
- ▶ has a sustainable and balanced pace

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God, on it you shall not do any work. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy".

(Exodus 20:8-11, p. 54)

1. DESIGN

God would say to us: *"Keep Me first in your life by refreshing your soul, and our relationship, in weekly worship."*

The Sabbath is God's gift for mankind, a day of rest and refreshing for people under pressure. Fulfilling living is balancing: work, play, and worship, but God's secret for a stress-filled life is "worship".

2. DIVERSIONS

Today, we are "richer" in money, but "poorer" in everything else.

How the enemy weakens God's people...

- ▶ Deports them from their "home" (*Church*)
- ▶ Takes away their "weapons" (*Bible*)

A word to parents...

If both mom and dad regularly attend church, 72% of their children serve God as adults. Parents - nurture a positive Sunday spirit and set an example of faithfulness.

3. DO'S

▶ Rest

Worshipful rest renews our soul, recreational leisure only relaxes the body. Do an inner-inventory reflecting upon how you've lived the past six days - just as the Lord did. The "Sabbath" is the ultimate statement that this world does not own us, that we were made for rest and worship as surely as we were made for ambition.

▶ Worship

"If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the Lord has spoken."

(Isaiah 58:13-14)