

RHYTHM OF LIFE

Values That Motivate - Part 4

January 31, 2010

Exodus 20:8-10a (TEV) *“Observe the Sabbath and keep it holy. ⁹ You have six days in which to do your work, ¹⁰ but the seventh day is a day of rest dedicated to Me. On that day no one is to work...”*

HOW TO FIND GOD'S RHYTHM IN YOUR WEEK

Sabbath means “_____.”

When is it? _____.

Mark 2:27 (NLT) Jesus said, *“The Sabbath was made to benefit people, and not people to benefit the Sabbath.”*

Colossians 2:16 (NIV) *“Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.”*

Romans 14:5b-6a (TLB) *“...Every day alike belongs to God. ⁶ If you have special days for worshiping the Lord, you are trying to honor Him; you are doing a good thing...”*

HOW TO FIND GOD'S RHYTHM IN YOUR SABBATH

What does it mean for a day to be holy?

Holy means “_____”

1. Use the day to _____ your body.

Psalms 127:2 (TLB) *“It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants His loved ones to get their proper rest.”*

Psalms 23:1-2a (NIV) *“The LORD is my shepherd, I shall not be in want. ² He makes me lie down in green pastures...”*

2. Use the day to _____ your emotions.

Σ Include time for _____.

Psalms 23:2b-3a (NIV) “...*He leads me beside quiet waters, He restores my soul...*”³

Mark 6:31 (TEV) “*There were so many people coming and going that Jesus and His disciples didn't even have time to eat. So He said to them, 'Let us go off by ourselves to some place where we will be alone and you can rest a while.'*”

Σ Include time for _____.

Ecclesiastes 9:9a (MSG) “*Relish life with the spouse you love...*”

Proverbs 22:6 (NLT) “*Teach your children to choose the right path, and when they are older, they will remain upon it.*”

Σ Include time for _____.

Hebrews 10:25 (NIV) “*Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another...*”

Psalms 122:1 (TEV) “*I was glad when they said to me, 'Let us go to the Lord's house.'*”

3. Use the day to _____ your spirit.

Psalms 95:6 (NIV) “*Come, let us bow down in worship, let us kneel before the LORD our Maker.*”

Mark 8:36-37 (CEV) “*What will you gain, if you own the whole world but destroy yourself?*”³⁷ *What could you give to get back your soul?*”

Matthew 11:28 (Phillips) Jesus said, “*Come to Me, all of you who are weary and over-burdened, and I will give you rest! ... For My yoke is easy and My burden is light.*”