

### GOD'S WORD FOR WORKAHOLICS

*"Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates."*

Exodus 20:8-10 (NIV)

#### ❖ What Is the Sabbath?

*"Remember the Sabbath day and keep it holy."*

Exodus 20:8 (NIV)

1. The Sabbath is a DAY to REST and RESTORE.

*Then Jesus said to the Pharisees, "The Sabbath was made for man, not man for the Sabbath."*

Mark 2:27 (NIV)

2. The Sabbath is to be practiced EVERY WEEK.

*... every day alike belongs to God. On questions of this kind everyone must decide for himself. <sup>6</sup> If you have special days for worshiping the Lord, you are trying to honor him; you are doing a good thing.*

Romans 14:5-6 (TLB)

3. The Sabbath is God's ANTIDOTE for BURNOUT.

*Don't let anyone judge you... in regard to a Sabbath day.*

Colossians 2:16 (NIV)

#### ❖ How to Take Your Sabbath? How to Keep it Holy.

*For God chose us in Jesus before the creation of the world to be holy and blameless in his sight.*

Ephesians 1:4 (NIV)

1. To be holy means to be and live as one that is SET APART.

*God has called us to be holy, not to live impure lives.*

1 Thessalonians 4:7 (NLT)

2. I am to use this day to REST my BODY.

*It is useless to rise early and go to bed late, and work your worried fingers to the bone.  
Don't you know He enjoys giving rest to those He loves?*

Psalm 127:2 (MSG)

3. I am to use this day to RESTORE my EMOTIONS.

*So Jesus said to His disciples, "Let's go to a place where we can be alone and rest awhile."*

Mark 6:31 (GW)

4. I am to use this day to REFOCUS my SPIRIT.

*Come let us bow down and worship Him; let us kneel before the Lord our maker.*

Psalm 95:6 (TEV)

❖ Specific Steps to Make Your Sabbath a Priority

1. Include a time to just be QUIET.

*He leads me beside quiet waters, <sup>3</sup> He restores my soul.*

Psalm 23:2-3 (NIV)

2. Include a time to be able to LISTEN to God.

*"Be still and know that I am God."*

Psalm 46:10 (NIV)

3. Include time with your SPOUSE.

*Enjoy life with your wife, whom you love...*

Ecclesiastes 9:9 (NIV)

4. Include time with your KIDS.

*Children are a gift from the Lord; they are a real blessing.*

Psalm 127:3 (TEV)

5. Include time for WORSHIP.

*I was glad when they said unto me, let us go into the house of the Lord.*

Psalm 122:1 (KJV)

*Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since we see that the Day of the Lord is coming nearer.*

Hebrews 10:25 (TEV)

❖ Closing Challenge: God Gifted Us With a Sabbath... Are You USING IT?

*(Jesus said) "Come to me, all of you who are weary and over-burdened, and I will give you rest! <sup>29</sup> Put on my yoke and learn from me. For I am gentle and humble in heart and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."*

Matthew 11:28-29 (PHILLIPS)

*There is a way that seems right to a man but its end always leads to destruction.*

Proverbs 14:12 (NIV)