

Series graphic w/email

### **Life Hack**

- **Any process or technique that reduces the chaos in one's life and makes it easier to manage or more convenient**
- **Any procedure or action that solves a problem, simplifies a task, reduces frustration in one's everyday life**

IMAGES {4 different slides—one for each image}

1: Doritos start a fire:

<https://i.pinimg.com/originals/0a/71/44/0a7144953173a09d6149ac77ca8626af.jpg>

2: iPhone speaker

[https://www.lovethepic.com/uploaded\\_images/42984-Quick-And-Easy-Iphone-Speaker.jpg](https://www.lovethepic.com/uploaded_images/42984-Quick-And-Easy-Iphone-Speaker.jpg)

3: eat a cupcack

<https://i.pinimg.com/originals/6d/2a/b9/6d2ab9de3090949fd3741c5bc2f8eb61.jpg>

4: Fold a fitted sheet

<https://i.pinimg.com/originals/61/43/0e/61430ec6c5ffb2a5bcdaae4b2a600adb.jpg>

**Message Application: Take a day off ... a Sabbath (“stop”)**

{same slide but come up 1 at a time}

**Just because we get a day off, does not mean we really take a day off.**

- **Particular**
- **Peculiar**

### **Genesis 1:27:2-2**

So God created man in His own image; He created Him in the image of God; He created them male and female.

God blessed them, and God said to them, “Be fruitful, multiply, fill the earth, and subdue it. Rule the fish of the sea, the birds of the sky, and every creature that crawls on the earth.” God also said, “Look, I have given you every seed-bearing plant on the surface of the entire earth and every tree whose fruit contains seed. This will be food for you, for all the wildlife of the earth, for every bird of the sky, and for every creature that crawls on the earth—everything having the breath of life in it—I have given every green plant for food.” And it was so. God saw all that he had made, and it was very good indeed. Evening came and then morning: the sixth day.

So the heavens and the earth and everything in them were completed. On the seventh day God had completed His work that He had done, and He rested on the seventh day from all His work that He had done.

### Observations:

- 1) God rested because He was done → sufficiency of His work & provision.
- 2) God modeled and embedded rest in Creation before He commanded it.
- 3) God gives Adam & Eve something to DO but puts it in rhythm where rest comes first.
- 4) The 7<sup>th</sup> Day description lacks the phrase “*evening and morning ...*”

### Hebrews 4:9-10

So there remains a **Sabbath rest** for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His.

### John 19:30

When Jesus had received the sour wine, He said, “**It is finished.**” Then bowing His head, He gave up His spirit.

If we are going to live our purpose, fulfill our destiny, be our best selves then **Sabbath rest** will be a regular part of our lives.

**Sabbath is a gift, a grace, and a blessing from our great and gracious God.**

### Exodus 1:11a

So the Egyptians assigned taskmasters over the Israelites to oppress them with forced labor.

### Exodus 5:4

The king of Egypt said to them, “Moses and Aaron, why are you causing the people to neglect their work? Get to your labor!”

### Exodus 14:5

When the king of Egypt was told that the people had fled, Pharaoh and his officials changed their minds about the people and said, “What have we done? We have released Israel from serving us.”

### Exodus 16:23

He told them, “This is what the Lord has said: ‘Tomorrow is a day of complete rest, a **holy Sabbath** to the Lord. Bake what you want to bake, and boil what you want to boil, and set aside everything left over to be kept until morning.’”

### **Exodus 20:8-11**

Remember the **Sabbath day**, to keep it **holy**: You are to labor six days and do all your work, but the seventh day is a Sabbath to the Lord your God. You must not do any work—you, your son or daughter, your male or female servant, your livestock, or the resident alien who is within your city gates. For the Lord made the heavens and the earth, the sea, and everything in them in six days; then He rested on the seventh day. Therefore the Lord blessed the Sabbath day and declared it holy.

**Whose authority are you under ... What voice is loudest in your head ...  
God or Pharaoh?**

**The ability to Sabbath is tied to God's ability to provide and care for His people, to deliver and save His people, and to use His people for His purposes.**

**So ... is not keeping Sabbath a sin?**

### **Colossians 2:16-17**

Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon **or** a Sabbath day. These are a shadow of what was to come; the **substance is Christ**.

### **Romans 14:5**

One person judges one day to be more important than another day. Someone else judges every day to be the same. Let each one be fully convinced in his own mind.

**The Better Question:**

**Did the wisdom of God imbedded in Creation die when Jesus died?**

*{come up one at a time}*

**Not keeping **Sabbath** is not (necessarily) a sin but often either ...**

- A) **Leads** to sin ...
- B) **Reveals** sin ...
- C) **Robs** ...

### **4 Truths About the Sabbath:**

- **Reveals the nature of God**
- **Reminds His people of His provision**
- **Invites His people to trust Him**
- **Is a gift intended to bless and refresh, not burden and confuse**

**IDENTIFY:**

What keeps you from shutting down completely one day a week?

*{all together; one slide}*

**DEFINE:**

What constitutes a Sabbath?

→Begin with the end in mind...

**Refreshed** and in “**overflow**” mode.

→*Spiritually, emotionally, mentally, relationally & physically*

**ESTABLISH:**

A) **Boundaries**

B) **Best** practices AND **Biblical** ones

C) **Accountability**

R.S.V.P