
❖SERMON NOTES ❖

Sunday, September 4, 2016

“A WORD FOR WORKAHOLICS”

(Exodus 20:8-9)

Our lives have a tendency to become too busy, over-scheduled, and out-of-control. We're a culture of workaholics. The results can be seen in lives and families unraveling. On this Labor Day weekend we're going to look at what God has to say about taking a day off.

“The Sabbath was made for man, not man for the Sabbath” (Mark 2:27, ESV).

“He leads me beside quiet waters, he restores my soul” (Psalm 23:2-3, ESV).

“Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near” (Hebrews 10:25, ESV).

“For what does it profit a man to gain the whole world and forfeit his soul?” (Mark 8:36, ESV).

What To Do On Your Sabbath

1. God says use the day to _____.

2. God wants me to _____.

Include time for _____.

Include time for _____.

Include time for _____.

3. Use the Sabbath to _____.

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(Exodus 20:8-9)

“The Sabbath was made for man, not man for the Sabbath” (Mark 2:27, ESV).

“One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind” (Romans 14:5, ESV).

What To Do On Your Sabbath

1. God says use the day to rest my body.

“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones” (Psalm 127:2, NLT).

2. God wants me to recharge my emotions.

Include time for quietness.

“He leads me beside quiet waters, he restores my soul” (Psalm 23:2-3, ESV).

“Be still and know that I am God” (Psalm 46:10, ESV).

Include time for family.

“You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates” (Deuteronomy 6:5-9, ESV).

Include time for fellowship

“Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near” (Hebrews 10:25, ESV).

“I was glad when they said to me, ‘Let us go to the house of the Lord!’” (Psalm 122:1, ESV).

3. Use the Sabbath to Refocus My Spirit.

“Oh come, let us worship and bow down; let us kneel before the Lord, our Maker” (Psalm 95:6, ESV).

“For what does it profit a man to gain the whole world and forfeit his soul?” (Mark 8:36, ESV).

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light” (Matthew 11:28-30, ESV).