

Ten Steps to the Good Life

#4 – How to Avoid Physical and Spiritual Burnout Thru God’s Gift of the Sabbath *Exodus 20:8-11*

Use God’s Gift of the Sabbath to Get the Multifaceted Rest You Need

I. You were Made to Worship and Work and Will not Be Fulfilled Without Them

A. *9 Six days you shall labor, and do all your work,*

B. God created you with *Genesis 1:30-31 & 2:15*

C Sin resulted in... *Gen 3:17-19*

D. God’s Word clearly

“6 days” does not mean...

Refusal to work is...

I Thess 3:10

How to work...

- Eph 6: 1-9

II. You Were Made to Rest and Won’t Be Able to Worship or Work Without It

A. The fact that we need rest is...

Ps 121 –

Luke 8

B. The fact that you need weekly multifaceted rest is not...

C. God’s Word clearly says...

The Command -

The Punishment – *Ex 31:14 –*

The Reward – *Is 58:13-14*

III. The Sabbath Is God’s Love Gift to Provide the Multifaceted Rest We Need

A. Any legalistic view of the Sabbath...

Mark 2:27-28

. The Sabbath provides a

Worship – *Ezekiel 46:1-3*

Rest - Spiritually –

Ex 20:8-11 - Creation

Duet 5:12 - Redemption –

Physically –

Hebrews 4:8-10

Emotionally – *Ps 92*