



## **REKINDLING OUR PASSION FOR LIFE**

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

The Lord - *“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”* (Exodus 20:8-11)

- **“Busyness”, “tiredness” and “purposelessness” are three of the struggles of many people in today’s world.**
  - I find myself extremely busy these days doing \_\_\_\_\_.
  - I find myself extremely tired these days because \_\_\_\_\_.
  - I struggle with finding purpose for my life because \_\_\_\_\_.
- **Busyness, tiredness and purposelessness can keep us from God’s best, and having a consistent “Sabbath Day” helps us to rekindle our passion and receive direction for our lives.**
- The Lord - *“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. . . . The Lord blessed the Sabbath day and set it apart as holy.”* (Exodus 20:8-11)
- **In this 4<sup>th</sup> Commandment God is setting aside a special day for rest and worship in order to help His people refocus, re-energize and live healthier lives.**
- **First century Christians changed their “Sabbath day” to Sunday because: 1) Jesus rose from the grave on a Sunday, 2) We are now under “grace” rather than “the Jewish Law”, and 3) The 8<sup>th</sup> day (first day following the Sabbath Day) is the “Day of Beginning Again.”**
- **The Sabbath day was intended to be a day of bonding with the Lord and family, but eventually became a day of burden for the Jewish people.**
- Jesus – *“The Sabbath was made to benefit people, and not people to benefit the Sabbath.”* (Mark 2:27)
- **Our “Sabbath day” is to be a weekly day that helps us become stronger emotionally, mentally, physically, relationally and spiritually in our lives..**

**God Wants Us To Prioritize:**

**RESTING OUR MIND AND BODY**

- The Lord - *“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.”* (Exodus 20:8-10)
- **“Sabbath” means “rest” in the Hebrew language.**
- *“62% of Americans say they are burned out or are on the way to burn-out.”* (*Inc. Magazine*)
- **Some people feel as though they have to work, study or stay busy all of the time.**
- *“A fool’s work wearies him.”* (Ecclesiastes 10:15 NIV)
- **So much of life’s stress comes from being “in a hurry” much of the time.**
- **Getting enough sleep and rest is essential for stress management.**
- **If we stay tired, we’re out of balance physically, relationally and spiritually.**
- **We are oftentimes reluctant to rest because: 1) we falsely believe we get more done by working without a break, 2) we want to be in control of everything, 3), we struggle with immaturity.**
- **On our “Sabbath Day” we’re supposed to rest our body, refocus our spirit, and re-charge our emotions.**
- ***What can I do to ensure that I get more rest and relaxation?***

**God Wants Us To Prioritize:**

**REINFORCING OUR RELATIONSHIPS**

- The Lord - *“The seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.”* (Exodus 20:10)

**The Lord Wants Us To Prioritize:**

- **OUR RELATIONSHIPS WITH OUR FRIENDS**
  - *“A friend loves at all times, and a brother is born for adversity.”* (Proverbs 17:17)
  - *“Iron sharpens iron as a man sharpens the countenance of his friend.”* (Proverbs 27:17)
  - **The “wealth” of an individual can be primarily determined by the quality of the friendships they have in their lives.**
- **OUR RELATIONSHIPS WITH OUR FAMILY MEMBERS**
  - *“Live happily with the woman you love . . . for the wife God gives you is your best reward down here for all your earthly toil.”* (Ecclesiastes 9:9)
  - **The Lord wants us to see our Spouse as a blessing and reward from Him.**
  - *“Children are a gift from the Lord; they are a reward from Him.”* (Psalm 127:3)
  - **The Lord wants us to see our Children as a blessing from Him, and they are when they make good choices in their lives.**
  - *“A wise child brings joy to a father; a foolish child brings grief to a mother.”* (Proverbs 10:1)
- **OUR RELATIONSHIP WITH OUR HEAVENLY FATHER**

- Jesus – *“Love the Lord your God with all your heart, soul, mind and strength.”* (Mark 12:30)
- **Loving our Heavenly Father like Jesus instructed us to love Him requires:**
  - 1) daily focusing our thoughts on Him, 2) constantly expressing our love and appreciation to Him, and 3) daily striving to serve and live for Him.
- ***What changes do I need to make to spend more time with and strengthen my relationship with my family members, close friends and Heavenly Father?***

**God Wants Us To Prioritize:**

**RECHARGING OUR SPIRITS**

- The Lord - *“For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”* (Exodus 20:11)
- **Many people take a day for rest, relationships and recreation, but neglect their most important need which is reconnecting with their God so that their spirits can be recharged and they can resume following Him.**
- *“Let us go right into the presence of God with sincere hearts fully trusting Him. . . . Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep His promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.”* (Hebrews 10:22-25)
- ***Why is corporate worship with other Believers so important for us?***

***When We Consistently Worship With Other Believers We:***

- **ENCOUNTER GOD’S PRESENCE** - *“Let us go right into the presence of God with sincere hearts fully trusting Him.”* (Hebrews 10:22)
  - **Gathering with other Christians is important but not enough; to strengthen and sustain us we have to have real encounters with the Lord.**
- **EQUIP OURSELVES SPIRITUALLY** - *“Let us hold tightly without wavering to the hope we affirm”* (Hebrews 10:23)
  - **Life is filled with all kinds of “storms”, and worshiping together with other Christians strengthens and enables us to triumph over those challenges.**
- **ENCOURAGE OTHERS** - *“Let us think of ways to motivate one another to acts of love and good works.”* (Hebrews 10:24)
  - **People around us need lots of encouragement and hope, and they receive that from seeing the Lord’s presence in Christians as they are welcomed by us and they worship with us.**
- **EXPRESS OUR FAITH IN THE LORD** - *“Let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.”* (Hebrews 10:22-25)
  - **When we attend Church services we are proclaiming to the world that Jesus is our Savior and we believe He’s the future hope of the world.**
  - **It is especially imperative that fathers and mothers model for their children that GOD is priority in their lives.**

- *“After that whole generation had been gathered to their ancestors, another generation grew up who knew neither the Lord nor what He had done for Israel.”* (Judges 2:10)
  
- **Many people have turned “Sunday” into “Fun-day” - worshiping the sun, fun, entertainment, or sports rather than GOD, but when we prioritize other activities or relationships before the LORD, we (or they) have become the GOD of our lives.**
- Jesus - *“Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.”* (Matthew 6:33)
- The Lord - *“If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not going as you please or speaking idle words, then you will find your joy in the Lord and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.”* (Isaiah 58:13-14)
- ***What is the Lord saying to me through this message, and what steps do I need to take to implement that in my life?***