

GOD'S WORD TO WORKAHOLICS

Exodus 20:8-11

I. THE SABBATH: ANTIDOTE TO BURNOUT

"Sabbath" means: _____

"Jesus said to them, 'The Sabbath was made for man, and not man for the Sabbath.'" Mark 2:27

When is it? _____

"He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God. Rom 14:6, Col 2:16-17, "the Lord's Day" Rev. 1:10

II. WHAT TO DO ON YOUR SABBATH

1. USE THE DAY TO _____

"It is vain for you to rise up early, To retire late, To eat the bread of painful labors; For He gives to His beloved even in his sleep." Ps 127:2

"The toil of a fool so wearies him that he does not even know how to go to a city." Eccl 10:15

2. USE THE DAY TO _____

THREE WAYS

➤ **Include time for** _____

"He leads me beside quiet waters... he restores my soul." Ps. 23:2b,3a

*"Mark 6:31 And He *said to them, "Come away by yourselves to a secluded place and rest a while." (For there were many people coming and going, and they did not even have time to eat.)" Mark 6:31*

➤ **Include time for** _____

*"Enjoy life with the woman whom you love..." Eccl 9:9
"Prov 14:30 A tranquil heart is life to the body..." Prov 14:30a*

"A joyful heart is good medicine, But a broken spirit dries up the bones." Prov 17:22

➤ **Include time for** _____

"not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near." Heb. 10:25

"I was glad when they said to me: Let us go to the House of the Lord." Ps. 122:1

3. USE THE DAY TO _____

"Come let us bow down in worship... before the Lord our Maker." Ps. 95:6

"What good is it for a man to gain the whole world, yet forfeit his soul? What can a man give in exchange for his soul?" Mark 8:36

Jesus Says:

"Come to me, all you who are weary and over-burdened, and I will give you rest! ...For my yoke is easy and my burden is light." Matt. 11:28-29