



**I. Personal Limitations**

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**Key Truth:** God Uses Leisure and Downtime To Recharge our Strength and Realign our Focus on Him

**II. Mandated Rest** Exodus 20:8-11

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**Point:** Rest Is a Vital Part of the Order & Rhythm of Life

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**III. Mandated Celebration** Exodus 34:21-23

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**Point:** Celebration Renews our Joy and Deepens our Sense of Community

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**IV. Biblical Reasons for Leisure & Downtime**

Time to Be Alone Luke 5:15-16

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Time to Seek & Reflect Luke 6:12-13

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Time to Recover & Prepare Mark 6:30-33

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Time to Grieve Matthew 14:12-13

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**V. Rest and Giving God Our Best**

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**VI. Challenge & Invitation**