

*cattle, nor thy stranger that is within thy gates: 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.*

**Sabbath**—literally means “to cease, desist, or rest!”

Observation #1—Resting Is \_\_\_\_\_

Observation #2—Resting Is \_\_\_\_\_

Observation #3—Resting Is \_\_\_\_\_

Psalm 4:8

*8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.*

Psalm 116:7

*7 Return unto thy rest, O my soul; for the LORD hath dealt bountifully with thee.*

Psalm 127:2

*2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.*

**Sabbath Meets Three Needs of a Healthy Soul:**

- 1. Physical Rest**—stop laboring, sleep, quiet, stillness.
- 2. Emotional Rest**—remember, refocus, hope in God.
- 3. Spiritual Rest**—worship, reverence, and feed on God’s Word.

CONCLUSION

---



---

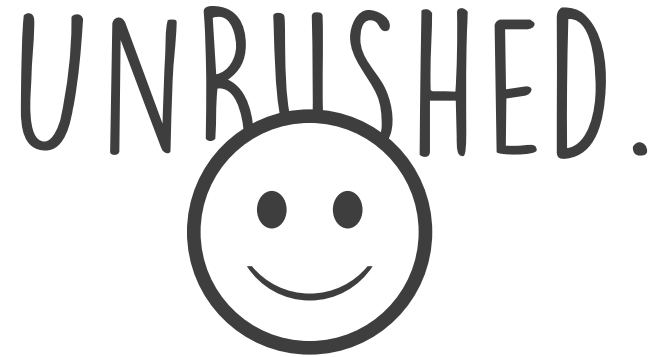


---



**EMMANUEL BAPTIST CHURCH**  
NEWINGTON

296 New Britain Ave, Newington, CT 06111  
ebcnewington.com | 860.666.1055 | Cary Schmidt, Pastor



**OVERCOMING THE OVERWHELMED LIFE**

Pastor Cary Schmidt | Sunday, April 19, 2015

**SABBATH REST**

Decision #1: One Day Down

Text: Ecclesiastes 2

*18 Yea, I hated all my labour which I had taken under the sun: because I should leave it unto the man that shall be after me. 19 And who knoweth whether he shall be a wise man or a fool? yet shall he have rule over all my labour wherein I have laboured, and wherein I have shewed myself wise under the sun. This is also vanity. 20 Therefore I went about to cause my heart to despair of all the labour which I took under the sun. 21 For there is a man whose labour is in wisdom, and in knowledge, and in equity; yet to a man that hath not laboured therein shall he leave it for his portion. This also is vanity and a great evil. 22 For what hath man of all his labour, and of the vexation of his heart, wherein he hath laboured under the sun? 23 For all his days are sorrows, and his travail grief; yea, his heart taketh not rest in the night. This is also vanity.*

INTRODUCTION

**Series Goal**—Live Lighter & Love Better

---



---



---

**Primary Themes of This Book—BUSYNESS** (searching), **EMPTINESS** (vanity and vexation), **RESTLESSNESS** (tireless labor), **DEATH** (temporal world), **WISDOM** (both human and godly), **BETTER** (22 times!)

## I. UNDERSTANDING \_\_\_\_\_

Ecclesiastes 2:10-11

*10 And whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy; for my heart rejoiced in all my labour: and this was my portion of all my labour. 11 Then I looked on all the works that my hands had wrought, and on the labour that I had laboured to do: and, behold, all was vanity and vexation of spirit, and there was no profit under the sun.*

Ecclesiastes 2:17-18

*17 Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit. 18 Yea, I hated all my labour which I had taken under the sun: because I should leave it unto the man that shall be after me.*

Observation #1—\_\_\_\_\_ Busyess

Observation #2—\_\_\_\_\_ Busyess

Ecclesiastes 5:12

*12 The sleep of a labouring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep.*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 2. EMBRACING \_\_\_\_\_

Ecclesiastes 2:14-18

*14 The wise man's eyes are in his head; but the fool walketh in darkness: and I myself perceived also that one event happeneth to them all. 15 Then said I in my heart, As it happeneth to the fool, so it happeneth even to me; and why was I then more wise? Then I said in my heart, that this also is vanity. 16 For there is no remembrance*

*of the wise more than of the fool for ever; seeing that which now is in the days to come shall all be forgotten. And how dieth the wise man? as the fool. 17 Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit. 18 Yea, I hated all my labour which I had taken under the sun: because I should leave it unto the man that shall be after me.*

Ecclesiastes 1:4

*4 One generation passeth away, and another generation cometh: but the earth abideth for ever.*

James 4:14

*14 Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away.*

Psalms 90:12

*12 So teach us to number our days, that we may apply our hearts unto wisdom.*

Observation #1—\_\_\_\_\_ Is Finite

Observation #2—\_\_\_\_\_ Is Finite

Ecclesiastes 2:20

*20 Therefore I went about to cause my heart to despair of all the labour which I took under the sun.*

## 3. PRIORITIZING \_\_\_\_\_

Ecclesiastes 2:22-24

*22 For what hath man of all his labour, and of the vexation of his heart, wherein he hath laboured under the sun? 23 For all his days are sorrows, and his travail grief; yea, his heart taketh not rest in the night. This is also vanity. 24 There is nothing better for a man, than that he should eat and drink, and that he should make his soul enjoy good in his labour. This also I saw, that it was from the hand of God.*

Exodus 20:8-11

*8 Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy*