



"Sabbath + Service" (Onward Series - Ep. IV)

"By the seventh day God had **finished the work** He had been doing; so on the **seventh day He rested from all His work**. Then God blessed the seventh day and made it holy, because on it He **rested** from all the work of creating that He had done." **Genesis 2:2-3**

"If you cannot rest, you cannot work; if you cannot let go, you cannot hold on; if you cannot find footing, you cannot go forward."

-Harry Emerson Fosdick

Your values aren't shaping you. You're choices are shaping your life.

"**Wise choices** will watch over you." **Proverbs 2:11a** (NLT)

Sabbath Guidelines:

- _____
- _____

"Remember the **Sabbath day** by keeping it **holy**. Six days you shall labor and do all your work, but the seventh day is a **sabbath** to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but He **rested** on the seventh day. Therefore **the Lord blessed the Sabbath day and made it holy**." **Exodus 20:8-11**

•Set _____

"If your **ax is dull** and you don't sharpen it, you have to **work harder** to use it. It is **smarter to plan ahead**." **Ecclesiastes 10:10** (GNT)

If you **underwork**, you're **dependent** on _____.

If you **overwork**, You're **dependent** on _____.

Be **dependent** on _____.

"One person esteems **one day as better than another**, while another **esteems all days alike**. Each one should be fully convinced in his own mind." **Romans 14:5** (ESV)

"Then Jesus said to them, 'The **Sabbath** was made to **meet the needs of people**, and not people to meet the requirements of the **Sabbath**.'" **Mark 2:27** (NLT)

"Then Jesus said, '**Come to Me**, all of you who are weary and carry heavy burdens, and **I will give you rest**.'" **Matthew 11:28** (NLT)

True Sabbath is when you enjoy time with God and the people He's put into your life. Work well, rest well.

"Now that I, your Lord and Teacher, have **washed your feet, you also should wash one another's feet**." **John 13:14**

Rest in Me and do as I do. **Serve others**.

God fills you up during your Sabbath, and what do you do? You live a life of service, pouring it out like Jesus did.

Observing Sabbath in your life goes beyond a **day** of rest; making it holy actually requires the rest of the **week**.

"Effective service flows from the One you find rest in daily."
-Steven MacDonald

All scripture is from the New International Version unless otherwise note.



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Sabbath Guidelines:

• Unplug

• Prepare

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• Set Boundaries

"If your **ax is dull** and you don't sharpen it, you have to **work harder** to use it. It is **smarter to plan ahead**." **Ecclesiastes 10:10** (GNT)

If you **underwork**, you're **dependent** on other people.

If you **overwork**, You're **dependent** on yourself.

Be **dependent** on the Lord.

"One person esteems **one day as better than another**, while another **esteems all days alike**. Each one should be fully convinced in his own mind." **Romans 14:5** (ESV)

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