

“STRONG FAMILIES: GOD’S WORD TO WORKAHOLICS”

Introduction: THE THIRD COMMANDMENT

Exodus 20: 8-9 (TEV) [God] “Observe the Sabbath and keep it holy. You have six days in which to do your work but the seventh day is a day of rest dedicated to Me. On that day no one is to work...”

Martin Luther: What does this mean? We should fear and love God so that we do not despise preaching and His Word but hold it sacred and gladly hear and learn it.

THE SABBATH: ANTIDOTE TO BURNOUT

Mark 2:27 (NIV) “Jesus said, ‘The Sabbath was made to benefit man, and not man to benefit the Sabbath.’”

- Sabbath means: Day of _____.
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- When? It does not _____.

Romans 14:5-6 (LB) “Every day alike belongs to God. On questions of this kind one must decide for himself. If you have special days for worshipping the Lord, you are trying to honor Him.”

- Muslims celebrate Sabbath: _____
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- Jews celebrate Sabbath: _____
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- Christians celebrate Sabbath: _____
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- Why? Christian’s Sabbath to honor Jesus’ _____.

THREE THINGS TO DO ON YOUR SABBATH TO KEEP IT HOLY

1. USE THE DAY TO R_____ MY BODY

Psalm 127:2 (LB) “God wants His loved ones to get their proper rest.”

- Holy means to _____.
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- Why did God rest? To _____ a principle of life.
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- If you burn the candle at both ends, then you are not as _____ as you think you are.

Ecclesiastes 10:15 (TEV) “Only someone too stupid to find his way home would wear himself out with work.”

- To last over the long haul
 1. Divert _____.
 2. Withdraw _____.
 3. Abandon _____.

2. USE THE DAY TO R_____ MY EMOTIONS.

- Three things needed for every Sunday
 1. Time of _____.

Psalm 23:3 (NIV) He leads me beside quiet waters; He restores my soul.”

- A weekend at the lake brings family home _____!

Mark 6:31 (TEV) “There were so many people coming and going... Jesus said to His disciples, ‘Let us go off by ourselves where we will be alone and you can rest for awhile.’”

- Time for your _____ to catch up with your _____!
- 2. Time for _____.

Ecclesiastes 9:9 (NIV) “Enjoy life with your wife whom you love..”

Proverbs 14:30 (LB) “A relaxed attitude lengthens a man’s life.”

- Men: go home - _____ to your wife; _____ with your kids and _____ with your wife; _____ to your kids.
- 3. Time for _____

Hebrews 10:25 (NIV) "Let us not give up the habit of meeting together... Instead let us encourage one another.."

- Having a new family over is a _____.

3. USE THE DAY TO R _____ MY SPIRIT

Psalm 95:6 (NIV) "Come, let us bow down in worship.. before the Lord our Maker."

- America has turned _____ into _____.
- Most people do not worship _____ on Sunday. They worship the _____ on Sunday!

CONCLUSION:

Mark 8:36 (NIV) "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?"

- Number One priority is to refocus my spirit: _____
 - You teach values to your kids by _____
 - A book in your car has a maintenance schedule. The owner's manual to your life is the _____.
- Your maintenance schedule: rest every _____ day!

Matthew 11:28-29 (Philips) "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."

- Rest for your _____.
- Recharge your _____.
- Refocus your _____.