

USE GOD'S C.O.R.E. ON THE WEEKEND

Monthly Saturday Rhythm (an example)

- 1st Saturday- create
- 2nd Saturday- organize- no new projects, catch up
- 3rd Saturday- review- think, plan,
- 4th Saturday- end- enjoy, celebrate- no projects, just people & personal time
- 5th Saturday- freebie, plan for the next quarter, catch up from the last

Weekend Rhythms (an example)

	Saturday	Sunday
Morning	Create	Worship
Afternoon	Organize	Eat & Nap
Evening	Family Time, Fellowship	Fellowship, Service

USE GOD'S C.O.R.E. FOR ALL OF LIFE

	HIGH ENERGY		
TASK ORIENTED	CONTROL "Get it done" Lion Bulldozer Col 3:23- work with all your heart Gen 1- Create	FUN "Have fun" Otter Roller Coaster Neh 8:10- the joy of the Lord Gen 1- End	PEOPLE ORIENTED
	PERFECT "Get it right" Beaver Train Pro 22:29- skilled in work Gen 1- Organize	PEACE "Get along" Golden Retriever Gondola Ps 133:1- good & pleasant to live in unity Gen 1- Review	
	LAID BACK		

- Enjoy your role- 1 quadrant
- Fulfill your responsibilities- all 4 quadrants
- Review all 4- for effectiveness, efficiency, enthusiasm and relationship

❖ WHAT'S GOD SAYING TO YOU? - write it down, pray it back, share it with others!

OUR CREATOR GOD- THE POWER BEHIND THE SABBATH- Ex 20:11, 7/11/21

GETTING OUR FEET WET-

DIVING INTO SCRIPTURE- Genesis 1 & the 10 Commandments

Exodus 20⁸ "Remember the sabbath day, to keep it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who ¹¹ stays with you. For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy.

THE BEAUTY OF THE 4TH COMMAND

4 SABBATH COMMANDS	6 HOW COMMANDS	9 WHO'S	2 WHYS
1. Remember 2. Keep it holy 3. Guard it! (observe) 4. Do it! (observe)	1. <u>Work</u> - 6 days labor - Do all work 2. <u>Rest</u> - No work on 7 th - Rest 3. <u>Remember</u> - You were slaves - God delivered you mightily - (Implied- remember creation)	1. You (26 x) 2. Your son & daughter 3. Your male & female servants 4. Your ox, donkey, animals 5. The alien-sojourner	1. Creation- - God made it in 6 - Rested, blessed & made holy the 7 th 2. Deliverance - You were slaves - God brought you out - Therefore, God commands the Sabbath

THE BEAUTY OF CREATION- Gen 1:1-2:3

GOD'S WORK STYLE- C.O.R.E.		GOD'S RHYTHM
WORKS <u>C</u> <u>R</u> <u>E</u> <u>A</u> <u>T</u> <u>E</u> <u>S</u>	RESTS <u>R</u> <u>E</u> <u>V</u> <u>I</u> <u>E</u> <u>S</u> <u>E</u> <u>N</u> <u>D</u> <u>S</u>	Days 1+4 = Light + Sun, moon, stars Days 2+5 = Air/waters + Air/sea creatures Days 3+6 = Land/veg + Animals/humans Day 7- Sabbath, rested, blessed

	GOD WORKED		GOD RESTED	
DAY	CREATED	ORGANIZED	REVIEWED	ENDED
Day 1	Light	<ul style="list-style-type: none"> – Separated from darkness – Called light day, darkness night 	<ul style="list-style-type: none"> – Saw light was good 	Evening & morning the 1 st day
Day 2	Sky	<ul style="list-style-type: none"> – Separated water from above and below – Called expanse sky 	<ul style="list-style-type: none"> – It was so 	Evening & morning the 2 nd day
Day 3	Land & plants	<ul style="list-style-type: none"> – Separated water and land. – Called land & sea – Vegetation on land – According to their kind 	<ul style="list-style-type: none"> – It was so. – Saw land good – Saw plants good 	Evening & morning the 3 rd day
Day 4	Sun, moon, stars	<ul style="list-style-type: none"> – Signs, for seasons, days, years. – To rule, separate day/night. 	<ul style="list-style-type: none"> – It was so – Saw it was good 	Evening & morning the 4 th day
Day 5	Fish, birds	<ul style="list-style-type: none"> – Fills the sea & air – According to their kind 	<ul style="list-style-type: none"> – Saw it was good – Blessed, be fruitful, increase, fill 	Evening & morning the 5 th day
Day 6	Animals, Humans	<ul style="list-style-type: none"> – Livestock, creepers, wild – According to their kind – Man to rule over fish, birds, animals, creepers – Made in image, male/female – Gives every green plant for food 	<ul style="list-style-type: none"> – Saw it was good- animals – Saw all he made- it was <u>very good</u> – Be blessed, fruitful, increase, fill, rule, subdue 	Evening & morning the 6 th day
Day 7	Finished, rested		Blessed, made it holy	

CREATION - HOW DID GOD WORK? – C.O.R.E.

1. **Created**- rhythmically, paced, not all at once
2. **Organized**- separates, names, fills in detail

CREATION- HOW DID GOD REST? – Daily & Weekly...

3. **Reviewed**- quality- “was good”, enjoyed, blessed, satisfied
4. **Ended**- rested- evening, morning, & 7th day
 - What’s missing on the 7th day?
 - What’s extra on the 7th day?

HOW DOES CREATION STILL WORK?

1. Animals

- Listed in the 10 Commandments- 3x
 - #2- Don’t w _____, #4- R _____, #10- Don’t c _____ animals
- Other commandments about animals
 - Ex 23⁴⁻⁵- help your enemy’s ox or donkey-
 - Ex 23¹² -rest your ox & donkey-
 - Lev 25³⁻⁷ – 7 year sabbatical- to eat
 - Dt 22⁶⁻⁷ – let mother bird go if you take its young or eggs
 - Dt 25⁴ Do not muzzle an ox while it is treading out grain.
 - Pro 12¹⁰ The righteous care for the needs of their animals,
- God’s promises about animals
 - Isa 11⁵⁻⁹ – wolf, lamb, calf, lion, infant, cobra- lay down together
 - Jonah 4¹¹ – cares about Nineveh’s 120,000 people and many animals
 - Mt 6²⁶ Look at the birds of the air.. your Father feeds them.
 - Mt 10²⁹ Are not two sparrows sold for a penny? Yet not one falls...

2. Minerals

- Ps 19¹⁻² The heavens declare the glory of God & pour forth speech;
- Ps 148³ Praise him, sun and moon; praise him, all you shining stars.
- Lk 19⁴⁰ “I tell you,” he replied, “if they keep quiet, the stones will cry out.”

3. Humankind

- Heart
- Lungs- Ex 23¹² “on the seventh day do not work...so that the slave born in your household & the foreigner living among you may be refreshed (breathe-soul).

TAKING IT HOME- USE GOD’S C.O.R.E.

USE GOD’S C.O.R.E. THROUGH THE WEEK

- Morning- Create- get something done
- Afternoon- Organize- clean up before next project
- Evening- Review- look for quality, peace, satisfaction (thru the day)
- Evening- End- celebrate, take time to stop (thru the day)
- NOTE: this is just a sample, adapt it, flex it