

Here are some TRUE TRUTHS to prayerfully repeat to fight the above emotional lies:

1. Expectations- Lord Jesus, your will is most important. You will give me the time I need to get done what you want me to.
2. Physically- Lord Jesus, you made me to rest, relax and recharge. You give sleep to those you love.
3. Socially- Lord Jesus, what you think of me matters most and people knowing you!
4. Technologically- Lord Jesus, you be Lord over my technology. Help me to use it wisely and for good, but never overuse it.
5. Spiritually- Lord Jesus, slow me down to spend time with You, every day, throughout the day and every Sabbath.

SABBATH PRACTICES- TO STRENGTHEN THE HEART

1. RE-ALIGN WITH _____
 - Make worship, church, top priority.
 - Spend extra time with the Lord
 - Reconnect with your spiritual family
 2. RE-ALIGN WITH YOUR _____
 - Eat one to two meals together. Laugh, talk, enjoy.
 - Ask what's the one thing you got out of the sermon today?
 - Play, and talk with your family about their everyday lives, thoughts and feelings
 3. RE-ALIGN WITH YOUR _____
 - Physically- take a nap, contemplative stroll. Breathe deeply. Go to bed early.
 - Emotionally- feel your feels
 - Intellectually- think your thoughts
 - Address your "to do" list- the week, the month, quarter and year
 - Take mini- Sabbaths thru the day- morning, midday, night
 4. RE-ALIGN YOUR _____
 - 2 hours before you go to bed
 - _____ for family time
 - Face to face conversations
- ❖ WHAT'S GOD SAYING TO YOU? - write it down, pray it back, share it with others!

SABBATH- SO HOW DO YOU SLOW DOWN? Dt 5:12- 15, 7/4/21

Dt 5¹² ' (You shall) Observe & guard the sabbath day to keep it holy, as the LORD your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ 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 or your male servant or your female servant or your ox or your donkey or any of your cattle or your sojourner who ^[k]stays with you, so that your male servant and your female servant may rest as well as you. ¹⁵ You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out of there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to observe the sabbath day.

4 "WHAT" COMMANDS

Ex 20

1. Remember the Sabbath Day- keep in mind the S _____ Day
2. Keep it holy- set a _____, special

Dt 5

3. Observe the Sabbath Day - keep, g _____ - Gen 2,3,4,17. Pro 7:1-2 (Strong's- 8104- shaw-mar, 469x)

| GUARD AGAINST | FLESH | WORLD | DEVIL |
|---------------|--|---|--|
| | <ul style="list-style-type: none"> • Hedonism • Materialism • Workaholism • Spirituality | <ul style="list-style-type: none"> • Entertainment, Sports • Constant Work • Constant Busyness • Worship \$, pleasure | <ul style="list-style-type: none"> • Addictions • No rest • Stress • Secularism • Super Spiritual |
| GUARD FOR | TRUE SELF | SOCIETY & CREATION | ABBA FATHER |
| | <ul style="list-style-type: none"> • Pleasure • Security • Significance • Spirituality | <ul style="list-style-type: none"> • Rest • Rhythm • Doing & being • Space for worship | <ul style="list-style-type: none"> • Joy • Re-align • "Well Done" • Re-connection • True Spirituality |

4. Observe the Sabbath Day- do it, make it!- Dt 5:1,8,10,13,15, (Strong's 6213- aw-saw, 2640x)
5. Paraphrase- remember it, hallow it, guard it and do it!

4 “HOW” COMMANDS

1. Six days you shall labor (toil, work)
2. And do all your work (ministry-God, king, priest, prophet- Gen 1:26,28)
3. On the seventh day you shall not do any work (ministry)
4. They shall rest as you do
5. Paraphrase-
 - What- You shall remember, hallow, guard and do the Sabbath (the “Stop”)
 - How- by working all your work in 6 days, & doing no work but r_____ on the 7th

9 “WHOS”- TO OBEY THE 8 SABBATH COMMANDS

1. You- 11x, Your- 15x = 26 x in 4 verses (LORD your God- 4 times)
2. F_____ - son, daughter
3. S_____ - male, female
4. A_____ - ox, donkey, cattle
5. Sojourner- foreigner, stranger
6. Paraphrase
 - What- You shall remember, hallow, guard and do the Sabbath (the “Stop”)
 - How- by working all your work in 6 days, & doing no work but r_____ on the 7th
 - Who- You, and every p_____ and animal around you

THE GOAL OF THE SABBATH- to stop and reset- RE-A_____

- To re-a_____ with GOD, ourselves, each other and creation
- Ex 31¹² Then the LORD said to Moses, ¹³“Say to the Israelites, ‘You must observe (guard) my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy (sanctifies, makes right, proper alignment).
- Personally- physical, mental, emotional rest & reconnection to God
 - The choice- hedonism, materialism, workaholism, addictions, adrenaline junkies, stress, secularism, super spirituality VS peace, love, joy, care, rest, realignment, true spirituality



| | |
|-------------------------|------------------|
| MARTHA- | MARY- |
| doing over being | doing from being |
| Being with God- xx | xxxxxxxxxxxx |
| Doing for God- xxxxxxxx | xxxxxxxxxxxx |



UNBLOCKING THE SABBATH- DEALING WITH THE HEART

DO YOU NEED TO SABBATH? (stop, rest, catch your breath?- from Pete Scazzero, Emotionally Healthy Discipleship) - 1- Never 2- Seldom 3- Sometimes 4- Often 5- Always

| | |
|---|-----------|
| 1. Expectations- I feel I have so much to do with so little time. | 1 2 3 4 5 |
| a. I am always rushing. | 1 2 3 4 5 |
| b. I am fearful about the future. | 1 2 3 4 5 |
| c. I feel distracted, preoccupied and have a hard time being present, enjoying the moment. | 1 2 3 4 5 |
| d. I usually end the day feeling I have accomplished so little. | 1 2 3 4 5 |
| e. If I’m not multi-tasking I feel like I’m wasting time. | 1 2 3 4 5 |
| 2. Physically- I feel worn out but have too much to do to stop. | 1 2 3 4 5 |
| a. I try to ignore the stress, anxiety & tightness in my body | 1 2 3 4 5 |
| b. Sleep feels like a waste of time. I get by with as little as possible. | 1 2 3 4 5 |
| c. I struggle taking breaks- through the day, weekends, vacations. | 1 2 3 4 5 |
| 3. Socially- I am concerned about what others think about me. | 1 2 3 4 5 |
| a. I say “yes” when I should say “no”. | 1 2 3 4 5 |
| b. I don’t speak up to avoid disapproval of others. | 1 2 3 4 5 |
| c. I am defensive, easily offended. | 1 2 3 4 5 |
| d. My family does not think I live a balanced life- work, play, God, family. | 1 2 3 4 5 |
| 4. Technologically- I feel I need to stay connected constantly. | 1 2 3 4 5 |
| a. My main way of relaxing is electronic- TV, computer, video, gaming, etc. | 1 2 3 4 5 |
| b. I feel I need to answer texts, emails, social media as quickly as possible. | 1 2 3 4 5 |
| c. I check my phone when I first get up and as the last thing before bed. | 1 2 3 4 5 |
| d. I check for messages through the night. | 1 2 3 4 5 |
| 5. Spiritually- I often struggle feeling close to the Lord. | 1 2 3 4 5 |
| a. I wish I were more regular in my daily quiet time. | 1 2 3 4 5 |
| b. When I get upset and impatient, I see this as a sign to redouble my efforts instead of getting quiet with God and myself. | 1 2 3 4 5 |
| c. I see the weekend (sabbath) as my time to catch up on work, chores, & fun (activities), but not so much catching up with God, myself, family & others. | 1 2 3 4 5 |
| d. I struggle to stop throughout the day and recenter on the Lord. | 1 2 3 4 5 |

Write a prayer back to the Lord Jesus. What’s He telling you based upon the above chart?