

Perfect 10 – Enjoying a Guilt Free Day Off

Exodus 20 v 8-11 New Living Translation

Remember to observe the Sabbath day by keeping it holy. ⁹You have six days each week for your ordinary work, ¹⁰but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

1. The _____ of work

Genesis 2 v 15 New International Version - The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

2. The _____ for rest

3. The danger of _____

4. The _____ of a weekly day off

Mark 2 v 27 New Living Translation - 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.”

Colossians 2 v 16 New Living Translation - So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths.

5. How to make _____ of a weekly day off

- Make it _____ if you can
- Include _____
- Include activities that _____
- Use it to invest in _____
- _____ ahead
- _____ it
- Avoid making _____ too

Matthew 11 v 28 New Living Translation

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”