

## **TIME OUT**

God's Top Ten - Part 4

July 25, 2010

**Exodus 20:8-11**

*"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..." Exodus 20:8-9 (GN)*

### **1. What Does It Mean?**

**"Sabbath" means: Day of Rest**

*"Then He said to them, 'The Sabbath was made for man, not man for the Sabbath.'" Mark 2:27 (NIV)*

### **2. HOW DO I HONOR GOD ON THE SABBATH?**

**A. REMEMBER THE DAY.**

*"Remember the Sabbath day by keeping it holy." Exodus 20:8 (NIV)*

**B. REST MY BODY.**

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

*"Only someone too dumb to find his way home would wear himself out with work!" Ecclesiastes 10:15 (GN)*

**C. RECHARGE MY EMOTIONS.**

*"He leads me beside quiet waters, He restores my soul." Psalm 23:2b-3a (NIV)*

*"Enjoy life with your wife, whom you love..." Ecclesiastes 9:9 (NIV)*

*"Being cheerful keeps you healthy. It is a slow death to be gloomy all the time." Proverbs 17:22 (GN)*

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

**D. REFOCUS MY SPIRIT.**

*"Come, let us bow down in worship, let us kneel before the Lord our Maker; for He is our God and we are the people of His pasture, the flock under His care." Psalm 95:6-7 (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?" Mark 8:36 (NIV)*

*“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.” Matthew 11:28-29 (Ph)*