

# MESSAGE NOTES | JULY 29 2018

**For God's Sake, Rest** | Genesis 2:1-3, Exodus 20:8-11

Rob Weise

EFCA - Forest Lakes District

Director of Student & Family Ministries & District Events

We do many things for God, but then spend very little time with God.

1. What was the original purpose of the Sabbath?

Sabbath literally means rest.

2. Three ways to celebrate the Sabbath:

Rest your body and spirit

Worship God

Do good and have fun.

**Peter Drucker - The top 4 hardest jobs in the US**

1. President of the United States
2. University Chancellor
3. Hospital CEO
4. Pastor

There is no greater calling, than the one to be a Christ follower!

Read your gauges – How are you doing – Full or empty? 0-10.

1. Spiritually
2. Physically
3. Emotionally
4. Fulfillment

We need to be released from our preoccupation with work

A Sabbath is a time to review. Psalm 139:23-24

**Three ingredients to find true rest:**

1. Find Satisfaction
2. Find Security
3. Find Success

Realizing that you are truly forgiven, you can rest in Jesus!

Don't forget – For God's Sake, Rest!!!

## NEXT STEPS

- Memorize Exodus 20:8.
- What keeps you from observing a sabbath and rest?
- What can you do to have a more intentional sabbath each week?
- Who can help you with this?

## NOTES FOR PERSONAL & SMALL GROUP STUDY

### KEEPING IT REAL

- 1 How do you make time for rest during your week and is it sufficient to replenish your soul?

### LOOK AT THE BOOK

- 2 What insights do Hebrews 4:1-11 and Matthew 11:28-30 offer us regarding how and where we should find Sabbath rest?

- 3 Why does Jesus remind us in Mark 2:27-28 that the Sabbath was made for man? Consider how Jesus challenges the traditions in Mark 3:1-6. Read Matthew 23:1-4 for additional insight.

### TAKING IT FURTHER

- 4 Take time to schedule an appointment each week with God to receive the complete spiritual and physical rest that Jesus has promised for your soul.

## WORSHIP LYRICS

If you'd like to spend more time with the lyrics from any of the songs this morning, please click on the song title below to continue worshipping.

[Fierce](#)

[Alive in You](#)

[Like An Avalanche](#)

[Blessed Assurance](#)

[Rising Sun](#)

[Open Up Our Eyes](#)