

TAKE A DAY OFF PART III

'24/7?'

GENESIS 1 & 2, EPHESIANS 5, PSALM 92

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INTRODUCTION

- Design is an important thing.
- Week 1: We broke the system. We live life on our own terms, work more.
- Week 2: Trust issues: We don't trust so we work.

I. BACK TO THE BEGINNING

- Genesis 1:26-27;31-2:3, "...²⁷ So God created human beings in His own image...And evening passed and morning came, marking the sixth day...² On the seventh day God had finished his work of creation, so He rested from all His work. ³ And God blessed the seventh day and declared it holy..."
- First day humanity existed, we rested!
- From the first moment there was an intention for us. Participate in creation and rest.
- Our greatest problem in life is we don't want to follow.
- We belong and we were designed by Him.
- Sabbath is a reminder of freedom.
- The quality of how well I can "Love" depends fully on my ability to be still and alone with Him and rest.

II. WHAT I, WE, YOU DO MATTERS

- Ephesians 5:15-20, ¹⁵ So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the

most of every opportunity in these evil days. ¹⁷ Don't act thoughtlessly, but understand what the Lord wants you to do."

- "How we live matters!"
- We have to be intentional with our lives and manage our lives according to His plan/rhythm of rest.
- If we're not intentional with our lives and the way we love; someone else will.

III. WE BELONG TO HIM

- Romans 14:5-9, "... So whether we live or die, we belong to the Lord..."
- Why Rest? Because we belong to Him.

CLOSE

- Psalm 92, "It is good to give thanks to the Lord, to sing praises to the Most High...¹² But the godly will flourish like palm trees and grow strong like the cedars of Lebanon. ¹³ For they are transplanted to the Lord's own house. They flourish in the courts of our God..."
- Who do we belong to??
- We belong and we were designed by Him.