



**Series:** Overwhelmed

**Sermon:** Part 6: Too Stressed To Rest

**Date:** Sunday, March 19th, 2023

We are addicted to work and we are addicted to \_\_\_\_\_.

\_\_\_\_\_ : a day, or 24 hour period, in each week to cease or stop working in order to rest and worship

The Hebrew word for Sabbath: Shabbat ("*He rested*")

*By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done. (Genesis 2:2-3)*

For many of us, Sabbath is the one \_\_\_\_\_ that we are okay breaking every single week.

*Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. (Deuteronomy 5:12-13)*

*Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day. (Deuteronomy 5:15)*

Israel worked 6 days and rested on the 7th, but yet they experienced extreme blessing and were more abundant than all their neighbors because they obeyed and trusted God.

### **Incorporating Sabbath Into Your Life:**

**1. Pick a \_\_\_\_\_ in your week to have a Sabbath**

**2. \_\_\_\_\_ and connect**

*a. What constitutes work that depletes me that I need to cease from?*

*b. What things can I do that refresh me instead?*



3. Do things with \_\_\_\_\_

4. Be \_\_\_\_\_

5. How do I take a Sabbath when I have small kids?

*Email kelsey@communitycitychurch.org for additional resources*

6. Don't be \_\_\_\_\_

*"The Sabbath was made for man, not man for the Sabbath." (Mark 2:27)*

Taking a Sabbath is not about ignoring our responsibilities in order to rest but it is about being responsible while getting rest.

The goal is to go from human doing to human being.

It is learning from Him so you can \_\_\_\_\_ like Him.

**Bottom Line:** *Sabbath rest refreshes us, makes us more like Jesus, and helps us to be less overwhelmed.*

**Questions to reflect on this week or with others:**

1. Evaluate the way you are currently functioning, would you consider yourself to be addicted to doing?
2. If you don't currently take a weekly Sabbath, what can you do this week to be creative to start having an actual rest day?
3. As you begin to plan what your Sabbath day will look like, answer the following questions in order to help you figure out how you can rest and connect with God:
  - a. What constitutes work that depletes me that I need to cease from?
  - b. What things can I do that refresh me instead?

*Songs used in service: Give Me Faith (Elevation Worship), Tumbas A Jardines (Elevation Worship & Brandon Lake), It Is Well With My Soul (Horatio Spafford), Build My Life (Pat Barrett)*

-----Tear Here -----

**Any prayer requests?**

**Name:** \_\_\_\_\_ **Email (so we can follow up):** \_\_\_\_\_

**What can we be praying for you about?**