

# Time Out

*In the beginning God created the sky and the earth.*

Genesis 1:1 NCV

*By the seventh day God finished the work he had been doing, so he rested from all his work.*

Genesis 2:2 NCV

## The Principle

**God says, “Set aside one day a week and make it ‘Holy.’”**

### Fourth Commandment:

*Remember to keep the Sabbath holy. Work and get everything done during six days each week, but the seventh day is a day of rest to honor the LORD your God. On that day no one may do any work...The reason is that in six days the LORD made everything—the sky, the earth, the sea, and everything in them. On the seventh day he rested. So the LORD blessed the Sabbath day and made it holy.*

Exodus 20:8-11 NCV

**Definition of Sabbath: Day of rest or special holiday (holy day)**

*On the Lord's Day I was in the Spirit...*

Revelation 1:10

## The Purpose

**God wants us to rest, refocus and reconnect ourselves one day out of every seven.**

*Then Jesus said to the Pharisees, “The Sabbath day was made to help people; they were not made to be ruled by the Sabbath day.”*

Mark 2:27 NCV

## The Practice

**I will honor the Lord by setting the seventh day aside for worship, rest, and doing good.**

# On the “Lord’s Day” I should...

## 1. Set aside time for shared worship

Parents instill values in children by example.

*Jesus traveled to Nazareth, where he had grown up. On the Sabbath day he went to the synagogue, as he always did...*

Luke 4:16 NCV

*Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration, or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.*

Colossians 2:16-17

*Let us not give up the habit of meeting together... Instead, let us encourage one another...*

Hebrews 10:25

## 2. Spend time in personal renewal

*...God wants his loved ones to get their proper rest.*

Psalms 127:2 LB

*Only someone too stupid to find his way home would wear himself out with work.*

Ecclesiastes 10:15 GN

## 3. Spend time doing good

*Jesus answered, “If any of you has a sheep, and it falls into a ditch on the Sabbath day, you will help it out of the ditch. Surely a human being is more important than a sheep. So it is lawful to do good things on the Sabbath day.”*

Matthew 12:11-12 NCV

*Jesus went to Capernaum, a city in Galilee, and on the Sabbath day, he taught the people.*

Luke 4:31 NCV

*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