



"10 Values That Grow Strong Christians", Series, Part 4  
February 1, 2009 – Will Mackey

## God's Remedy for Burn Out! (Exodus 20:8-11)

### What Does It Say?

1. Make the Sabbath day different than any other day.

*"Remember the Sabbath day by keeping it holy..." (8)*

2. Make the Sabbath day different by ceasing to earn your living on that day. After six, always take one off.

*"Six days you shall labor and do all your work, but the seventh is a Sabbath to the Lord your God. On it you shall not do any work... (9-10)*

3. Make the Sabbath day different by using it to refocus your spirit on God.

*"...the seventh day is a Sabbath to the Lord your God." (10)*

4. Make the Sabbath day different by using it to rest your mind and body.

*"On it you shall not do any work..." (10)*

5. Make the Sabbath day different by helping those under your care have the opportunity to refocus and rest.

*"...neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. (10)*

### Why Is This So Important To God?

1. It is about following God and His vision for life.

*"For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." (11)*

2. It is about trusting the faithfulness of God instead of your ability to generate income.

*"Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days..." (Ex. 16:29)*

3. It is a matter of testimony. It says to others that God is Lord of your life.

*"Then the Lord said to Moses, 'Say to the Israelites, You must observe my Sabbaths. This will be a sign between me and you for the generations to come...' " (Ex. 31:12-13)*

4. It is about graciously and wisely receiving God's gift of rest.

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