



## "Our Time Under God is Now"

*Topic: "THE DAY OF REST"*

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### I. INTRODUCTION

In our generation, we are probably the busiest people in history. It seems that there is always something to be done. Our schedules are filled with the activities of work, parenting, marriage, social and civic duties, and ministry work. It seems that there is no end to the work that needs to be done. As time rolls on, our lives get busier and busier. With the invention of technology created to make our lives easier and more efficient, it appears that the demand on our time increases. ***This is not God's will for our lives.*** Wayne Mueller, author of *Remember the Sacred Rhythm of Rest*, states, *"The more our life speeds up, the more we feel weary, overwhelmed and lost. Despite our good hearts and equally good intentions, our life and work rarely feel light, pleasant or healing. Instead, as it all piles endlessly upon itself, the whole experience of being alive begins to melt into one enormous obligation... To be unavailable to our friends and family, to be unable to find time for the sunset (or even to know that the sun has set at all), to whiz through our obligations without time for a single mindful breath-this has become the model of a successful life."* God believes in work, but He also believes in rest. After six days of work to create the universe, God rested. It is time for us to follow His example.

### II. THE SABBATH (SHABBAT)

Genesis 2:2-3	God rested
Deuteronomy 5:15	A day to remember that God is our provider
Jeremiah 17:21-22	A day to rest from work
Ezekiel 20:12	A sign from God to remind us that He has set us apart to be holy
Exodus 16:23-28	A gift from God

### III. THE DAY OF REST

The Sabbath is to be a day of rest, celebration, joy, eating, worship and fellowship; a day to turn the burdens of life over to God and enjoy His goodness with our families. It is the day to stop doing what you normally do to earn a living."

### IV. WHY SHOULD WE OBSERVE THE SABBATH?

- It honors God as creator
- It's a celebration of God's provision
- It reminds us of God's goodness
- It builds our faith
- It is a picture of salvation
- It is a picture of heaven
- It releases God's blessings
- God asks us to observe the Sabbath

### V. THE BLESSINGS OF THE SABBATH (*Leviticus 26:1-3*)

- Rains will be in season
- The land will produce food for us to live on
- The harvest time will overlap with planting times
- You will have peace in your life
- You will sleep with no worry of disaster
- You will overcome your enemies
- You will have God's favor
- You will be productive and your work will multiply
- You will always have more than enough
- God will live among you, delight in you and always be with you

## VI. THINGS YOU CAN DO ON THE SABBATH

- Acknowledge Jesus as Lord of the Sabbath and Lord of your home
- Begin the Sabbath with a simple prayer of thanksgiving
- Parents bless your children and each other
- Prepare a favorite meal
- Watch a movie together
- Play games
- Take a nap
- Visit friends and family
- Read a good book
- Read scripture and spend time with the Lord
- Take a long walk
- Tell stories and sing songs together
- Make love with your spouse
- Talk about family dreams, goals, desires, and ambitions
- Look at old photo albums

## VII. THE SABBATH BLESSING

### A. EXAMPLE BLESSING FOR CHILDREN

The father (or head of household) places both hands on each child as he says a blessing over them.

**For Son:** *May God make you like Ephraim and Manasseh*

**For Daughter:** *May God make you like Sarah, Rebekah, Rachel and Leah*

**For any child:** *May God bless you with \_\_\_\_\_ and \_\_\_\_\_. May you be (like) \_\_\_\_\_ and \_\_\_\_\_. May this Sabbath fill you with \_\_\_\_\_ and \_\_\_\_\_.*

**For wives:** *Wives can read Psalm 112 to your husband.*

**For husbands:** *Husbands can read Proverbs 31:10-31 to your wife.*

## VIII. RECOMMENDED READING

The Messianic Church Arising! by Dr. Robert D. Heidler

40 Days of Teshuvah by Perry Stone

A Family Guide for Biblical Holidays by Robin Sampson and Linda Pierce

Our Father Abraham – Jewish Roots of the Christian Faith by Marvin R. Wilson

Celebrating Biblical Feasts In Your Home or Church by Martha Zimmerman

The Windsor Village United Methodist Church Family

Presenters: Pastors **Suzette & Kirbyjon Caldwell**  
2008

September 10 & October 29,

#### BIBLIOGRAPHY

A Family Guide to the Biblical Holidays by Robin Sampson & Linda

The Messianic Church Arising!, by Dr. Robert D. Heidler

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MY WEEKLY SCHEDULE

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	

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