

3. Use the day to _____

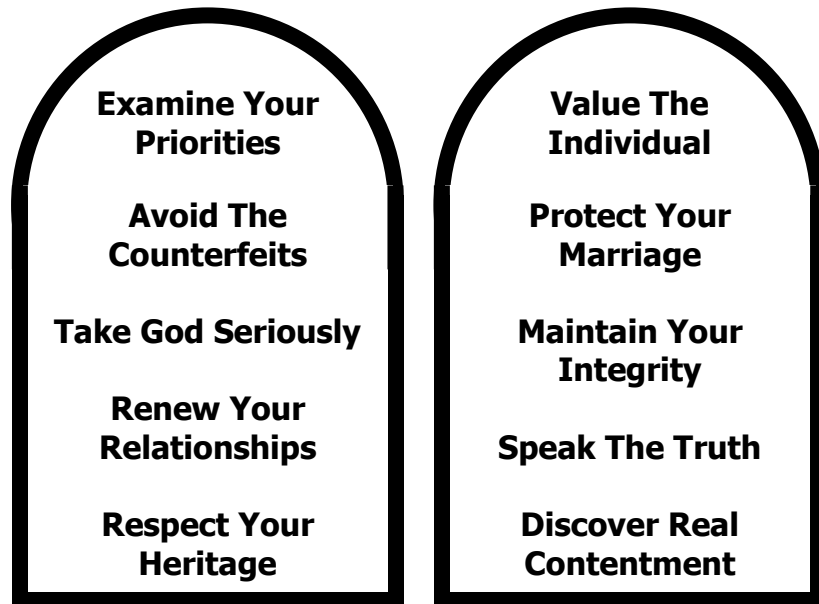
- **Psalm 95:6 (NLT)** *Come, let us worship and bow down. Let us kneel before the Lord our maker.*
- **Mark 8:36-37 (CEV)** ³⁶ *What will you gain, if you own the whole world but destroy yourself?* ³⁷ *What could you give to get back your soul?*
- **Psalm 90:12** *So teach us to number our days, that we may apply our hearts unto wisdom.*

The Sabbath asks the question: Is my _____ or my _____ the most important thing in my life?

- **Matthew 11:28 (PH)** *Come to me, all of you who are weary and overburdened, and I will give you rest!*

*You are cordially invited to join us for **The Re-Wedding** on Sunday Evening, July 30 at 6:30, as dozens of couples renew their marriage vows in the biggest wedding in the history of Saint John.*

Ten Habits of Highly Healthy Homes



10 HABITS of Highly Healthy Homes



Habit 4: Renew Your Relationships

Sunday, June 18, 2000

Exodus 20:8-11 (NLT) ⁸ Remember to observe the Sabbath day by keeping it holy. ⁹ Six days a week are set apart for your daily duties and regular work, ¹⁰ but the seventh day is a day of rest dedicated to the LORD your God. On that day no one in your household may do any kind of work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; then he rested on the seventh day. That is why the LORD blessed the Sabbath day and set it apart as holy.

DEFINING THE SABBATH

- **WHAT IS IT?** The word "SABBATH" means "_____." or "_____." When God created the world, the first six days were "_____,", but the seventh day was "_____."
- **WHEN IS IT?** God says that we are to take a sabbath every _____ days. Why do we worship on Sunday? Because Jesus rose from the dead on the first day of the week, called the "_____."
- **Romans 14:5-6a (NLT)** ⁵ *In the same way, some think one day is more holy than another day, while others think every day is alike. Each person should have a personal conviction about this matter.* ⁶ *Those who have a special day for worshiping the Lord are trying to honor him.*
- **WHY IS IT?** The Sabbath is God's antidote to _____! It is a day of "RE-_____" more than just recreation, a time to rejuvenate oneself. Not just TIME OFF, but SACRED TIME.

- **Mark 2:27** Then he said to them, "The Sabbath was made to benefit people, and not people to benefit the Sabbath."
- **Exodus 23:12** Work for six days, and rest on the seventh. This will give your ox and your donkey a chance to rest. It will also allow the people of your household, including your slaves and visitors, to be refreshed.

GOD'S TWO WORDS FOR TIME

- **CHRONOS** - "time governed by _____"
(QUANTITY time)
- **KAIROS** - "time measured by _____"
(QUALITY time)
- **The key is that you have to take advantage of KAIROS time at the moment it happens, or you _____.**
- **Luke 19:41-44 (NKJV)** ⁴¹Now as He drew near, He saw the city and wept over it, ⁴²saying, "If you had known, even you, especially in this your day, the things that make for your peace! But now they are hidden from your eyes. ⁴³For days will come upon you when your enemies will build an embankment around you, surround you and close you in on every side, ⁴⁴and level you, and your children within you, to the ground; and they will not leave in you one stone upon another, because you did not know the **time** of your visitation."
- **Acts 24:25 (NKJV)** Now as he reasoned about righteousness, self-control, and the judgment to come, Felix was afraid and answered, "Go away for now; when I have a convenient **time** I will call for you."
- **Galatians 6:9 (NKJV)** And let us not grow weary while doing good, for in due **season** we shall reap if we do not lose heart.
- **Ephesians 5:15-16 (NKJV)** ¹⁵See then that you walk circumspectly, not as fools but as wise, ¹⁶redeeming the **time**, because the days are evil.
- LIFE IS NOT A _____, IT IS A _____!

THREE THINGS TO INCLUDE IN YOUR SABBATH

1. Use the day to _____

- **Psalms 127:2 (LB)** It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.
- **Ecclesiastes 10:15 (GN)** Only someone too stupid to find his way home would wear himself out with work!

2. Use the day to _____

A. Include time for _____

- **Psalms 23:2-3 (CEV)** You lead me to streams of peaceful water, and you refresh my life.
- **Isaiah 30:15 (NLT)** In quietness and confidence is your strength.
- **Psalms 46:10 (CEV)** Our God says, "Calm down, and learn that I am God!"
- **Mark 6:31 (CEV)** But so many people were coming and going that Jesus and the apostles did not even have a chance to eat. Then Jesus said, "Let's go to a place where we can be alone and get some rest."

B. Include time for _____

- **Ecclesiastes 9:9 (LB)** Live happily with the woman you love through the fleeting days of life, for the wife God gives you is your best reward down here for all your earthly toil.
- **Proverbs 17:22 (GN)** Being cheerful keeps you healthy. It is a slow death to be gloomy all the time.
- **Proverbs 14:30 (LB)** A relaxed attitude lengthens a man's life.

C. Include time for _____

- **Hebrews 10:25 (CEV)** Some people have gotten out of the habit of meeting for worship, but we must not do that. We should keep on encouraging each other, especially since you know that the day of the Lord's coming is getting closer.
- **Psalms 122:1 (NLT)** I was glad when they said to me, "Let us go to the house of the Lord."
- **Proverbs 11:25b (NLT)** Those who refresh others will themselves be refreshed.