

OVERWHELMED

WHEN JOY & BALANCE DEPART FROM LIFE

“BLACK SABBATH”

Ecclesiastes 3:11-13 - April 26, 2015

Message 3 of 4 in “Overwhelmed: When the Joy and Balance Depart from Life”

Christian Priorities:

1. Relationship with God.
2. Relationship with spouse.
3. Relationship/Responsibilities to children.
4. Responsibilities at work and home.
5. Relationships with strong friends.
6. Your health.
7. Your hobbies or your enjoyment.

3 biblical routines that provide time for us to accomplish God’s goals for our lives:

1. Evenings: Depart Daily.
2. Sabbaths: Withdrawal Weekly.
3. Feast Weeks: Abandon Annually.

_____ ¹ these concepts can lead us to a routine that brings our activities and priorities into balance which brings joy to our lives.

Exodus 20:8-11

God gave us this concept of the Sabbath rest....1 _____ ² _____ ³
day of rest.

Most people _____ ⁴ keep one any more.

Our Sabbath Rest

It is a...

1. _____ ⁵ of trust.

We are _____ ⁶ freaks.

Questions:

- Do you _____ ⁷ _____ ⁸ enough for you to shut everything down for a day?
- Do you trust God with your life and your future?

The Bible establishes that our _____ ⁹ should be on God.

Exodus 16:21-23 ²¹ Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. ²² On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. ²³ He said to them, “This is what the LORD commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’”

2. _____ ¹⁰ of rest and contentment.

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2. _____ ¹⁰ of rest and contentment.

Matthew 11:28-30 ²⁸“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Rest ideas...

- Take some time with _____¹¹.
- Take some time to do _____¹².

Paul says he learned to be _____¹³.

3. _____¹⁴ for life to its fullest.

John 10:10 *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

According to the Bible, it is about more than just taking _____¹⁵ _____¹⁶.

We need to stop to enjoy _____¹⁷, to enjoy his _____¹⁸, to enjoy the fruits of our _____¹⁹.

God has wrapped up a treasure of _____²⁰ days a year for you to enjoy your life and live it to the fullest.

More Rest ideas...

- Take some time for _____²¹.
- Do things that fill your tank _____²²:
- _____
- _____
- _____

Question: Do you understand the seriousness of the Sabbath concept?

It was sinful before not to keep it...now it is _____²³ not to take it.

Mark 8:36 *What good is it for someone to gain the whole world, yet forfeit their soul?*

Don't _____²⁴ your day(s) off.

Use your Sabbath day to pursue these 6 things:

1. God
2. Spouse
3. Children
4. Friends
5. Health
6. Hobbies

The routine God has set up helps us have _____²⁵ and joy.

Answers: ¹Living ²full, ³day, ⁴don't, ⁵Test, ⁶control, ⁷trust, ⁸God, ⁹dependence, ¹⁰Time, ¹¹God, ¹²nothing, ¹³content, ¹⁴Treasure, ¹⁵time, ¹⁶off, ¹⁷God, ¹⁸creation, ¹⁹labor, ²⁰52, ²¹enjoyment, ²²tank, ²³stupid, ²⁴waste, ²⁵balance



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