

### EXODUS 20:8-11A (NIV)

*“Remember the Sabbath day by keeping it holy. <sup>9</sup>Six days you shall labor and do all your work, <sup>10</sup>but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. <sup>11</sup>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.” You shall not misuse the name of the Lord your God...”*

**You take 1 day off every week to rest (that’s God’s rule).**

## WHY TAKE A DAY OFF?

### 1. You take a day off (you rest) to recharge your spiritual life.

#### PSALM 95:6-7A (NCV)

*Come, let’s worship him and bow down. Let’s kneel before the Lord who made us, <sup>7</sup>because he is our God and we are the people he takes care of, the sheep that he tends.*

#### MATTHEW 11:28-30 (NIV)

*“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>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. <sup>30</sup>For my yoke is easy and my burden is light.”*

### 2. You take a day off (you rest) to recharge your physical body.

#### PSALM 23:2A (NIV)

*He makes me lie down in green pastures...*

### 3. You take a day off (you rest) to recharge your emotions.

#### a. QUIETNESS

#### PSALM 23:2 (NIV)

*He makes me lie down in green pastures, he leads me beside quiet waters...*

