



Unplug from Constant Busyness and Plug into God's Rest

March 27, 2022

Our world has gone crazy!

Genesis 2:1-3

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Unplug from the world's rhythms and pace

Jesus understood the weight so many people carry

Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."

What life rhythms and patterns are wearing you down and stealing your peace?

Plug into God's sweet Sabbath rhythm as a lifestyle

Exodus 20:8-11

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, 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 male or female servant, nor your animals, nor any foreigner residing in your towns. 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."

Unplug from an I Can Do it All mindset

How have I been sucked into doing more than I should or than God wants?

Plug into I Will Do All God Has for Me thinking

Mark 2:23-28

One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" He answered, "Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."

Do you ask God, is this for me?

Unplug from [wasted time](#)

Ephesians 5:15-17

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is.

How am I wasting time in a normal week?

Purposeful investment of your [hours](#), [days](#), and [life](#)

What can I do to use my time for things that really matter?