

Restart – How Will I Manage My Time?

Romans 12:1-2 (MSG) **So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.**

1. There is competition for our time and attention – Matthew 6:24-25 (NIV)
2. **We believe the lie that ‘more is better’** – Ecclesiastes 4:6 (NIV)
3. Our time is limited – Psalm 39:4-5 (NLT)
4. **We don’t know our purpose** – Ephesians 2:10 (MSG)

The LIE: I just **don’t have enough time**!

The SABBATH Solution

Genesis 2:1-2 (NIV) *Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 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.*

1. The Sabbath is a way of understanding life.

Exodus 20:8-11 (NLT) **“Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any 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; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.**

2. The Sabbath is a way of experiencing life.

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John 5:16-18 (NIV) *So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. 17 In his defense Jesus said to them, “My Father is always at his work to this very day, and I too am working.” 18 For this reason they tried all the more to kill him; not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God.*

3. The Sabbath is a way of receiving life.

Mark 2:27 (NIV) *Then he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath.”*

Matthew 11:28-30 (NLT) **Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.”**

SABBATH: A 24-hour block of time in which we STOP work, enjoy REST, practice DELIGHT, and CONTEMPLATE God.

➤ STOP

➤ REST

➤ DELIGHT

➤ CONTEMPLATE

Recommended Reading:  
*The Rest of God* by Mark Buchanan  
**The Sabbath: It’s Meaning for Modern Man** by Abraham Joshua Heschel  
*Soul Feast: An Invitation to the Christian Life* by Marjorie Thompson

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