



**TGI Sabbath**  
Pastor Brian Richardson  
Series Title: The Perfect Ten  
Sunday, July 15, 2007

Open with video clip- Workaholic

20:8-11 NLT

"Time out"

"Take a breath"



"Jesus didn't come to abolish the Sabbath day, but to dig it out...and give it to us again as a blessing rather than as a burden."

John Piper

Romans 14:4-9 Message

Mark 2:27 NLT

**\*Our bodies need it...**

When I Relax, I Feel Guilty

**\*Our emotions need it...**

"Drivers All Edgy"

Growing frustration on the road is causing a large majority of drivers to run red lights and commit other dangerous and hostile acts, a new study shows. About 85% of those surveyed, admitted to speeding, tailgating, passing on the shoulder of a roadway and stealing parking spots.

**\*Our spirits need it...**

"Fax machines, emails, telephones, beepers, an over-committed schedule, the press of people's needs...these are the tools of mass destruction for spiritual leaders. Their development and deployment often proceed without inspection. They threaten to shut down a Christ follower's communion with God. Once that happens the believer's effectiveness is destroyed. That person becomes a casualty of a struggle that is as old as humanity-the drowning out of eternity by the screams of temporal concerns."

Reggie McNeal

"Remember, Sabbath is a gift to us from God. Accept His invitation. You can relax in His presence, because He is safe to share your life with. More than anything else, He just wants the time to be with you. Unfettered and unbusy time to enjoy you, to show you His love. Time to make you a champion at living."

Set apart

Different

**Rest your body**

Genesis 2:1-3 NLT

Was God tired?

So why did God rest on the seventh day?

Psalm 127:2 NLT  
Mark 6:30-31 CEV

Psalm 23:1-3 Message- "God, my shepherd! I don't need a thing. You have bedded me down in lush meadows; you find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction."

### **Recharge your emotions**

"...that the Sabbath allows the soul time and space to catch up to the body, and the body to catch up to itself before taking a deep breath and plunging into new duties, activities and responsibilities."

Leonard Sweet

YES

Ecclesiastes 9:7-9 CEV

Spend some time with your family. Enjoy great food. Cherish your children. Love the needy. Take a walk. Ride a bike. Watch a sunset. Recharge your emotions...

### **Refocus your spirit**

Isaiah 58:13-14 Message

"Enter Sabbath. It is not a day off to pursue whatever fancy is attainable and affordable. Rather, it is a day to restore eternity to our souls. God established Sabbath to accomplish a re-creation of eternity, a reminder of what is really real. This re-creation of eternity has two major activities-the worship of God and reflection on the work of our hands.(translated-what is going on in our lives.)

Exodus 20:11 NLT  
Deuteronomy 5:15 NLT

"It's not so much that we "keep the Sabbath" as that the Sabbath keeps us-keeps us whole, keeps us sane, keeps us spiritually alive. Genuine Sabbath keeping is not a series of "thou shall nots" but a string of celebrations. Its goal is not to shut you off from the realities of life, but to open you up to living.

Leonard Sweet

Matthew 11:28-30 NLT