



STAND YOUR GROUND Part 2: April 23 & 28, 2021
Commandment #4: “Loads and Limits”

Commandment #4: Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. Ex. 20:8-10a

In the beginning. . . . God created limits.

- Everyone is different: energy, passion, physical strength, emotional resilience
- Everyone is the same: human, limits, thresholds

I Can’t say “No!”:

- Progress & technology:
- Accessibility:
- Multi-tasking:
- Leisure & sports:
- FOMO:
- Choices:

Sabbath practices:

1) Find a new “Full.” Enough

- Distinguish between “want” and “wish.”

2) Cease

- Prioritize Worship: Delight in the Lord
- Isaiah 58:13-14
- Sabbath is based on TRUST

3) **Establish an aerobic rhythm**

- Consistent. . . . flexible. . . .restorative

Resource: The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World, by John Mark Comer

Questions for discussion:

- 1) Which is the hardest issue for me to say “NO” to?
- 2) What interruption, habit or intrusion keeps me from establishing a healthy rhythm with my schedule? What can I do about it?
- 3) How does my timestyle affect my relationship with God and the body of Christ?