

# God's Word for Work-A-Holics

SERIES: TEN VALUES THAT BUILD STRONG FAMILIES  
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## Key Verse:

**Exodus 20:8-9 (GN)**

"Observe the Sabbath and keep it holy. You have six days in which to do your work but the seventh day is a day of rest dedicated to me. On that day no one is to work..."

## I. The Bible Teaches That The Sabbath Is: \_\_\_\_\_

"Sabbath" means: \_\_\_\_\_

**Mark 2:27 (NIV)**

"Jesus said, 'The Sabbath was made to benefit man, and not man to benefit the Sabbath.'"

When is it? \_\_\_\_\_

**Rom. 14:5-6 (LB)**

"...every day alike belongs to God. On questions of this kind one must decide for himself. If you have special days for worshipping the Lord, you are trying to honor him"

## II. What The Bible Teaches Me To Do On My Sabbath: (How Do I Keep It Holy?)

### 1. God Says Use The Day To: \_\_\_\_\_

**Ps. 127:2 (LB)**

"...God wants his loved ones to get their proper rest."

**Eccl. 10:15 (GN)**

"Only someone too stupid to find his way home would wear himself out with work!"

### 2. God Says Use The Day To: \_\_\_\_\_

## A. I Recharge My Emotions By Including Time For:

\_\_\_\_\_.

**Ps. 23:3**

"He leads me beside quiet waters, he restores my soul."

**Mark 6:31 (GN)**

"There were so many people coming and going ... Jesus said to his disciples, 'Let us go off by ourselves where we will be alone and you can rest for awhile.'"

## B. I Recharge My Emotions By Including Time For:

\_\_\_\_\_.

**Eccl. 9:9 (NIV)**

"Enjoy life with your wife, whom you love ..."

**Pr. 14:30 (LB)**

"A relaxed attitude lengthens a man's life."

**Pr. 17:22 (GN)**

"Being cheerful keeps you healthy. If is a slow death to be gloomy all the time."

## C. I Recharge My Emotions By Including Time For:

\_\_\_\_\_.

**Heb. 10:25**

"Let us not give up the habit of meeting together... Instead let us encourage one another ..."

**Ps. 122:1**

"I was glad when they said to me: Let us go to the House of the Lord."

## 3. God Says Use The Day To: \_\_\_\_\_

\_\_\_\_\_.

**Ps. 95:6**

"Come let us bow down in worship... before the Lord our Maker."

**Mark 8:36**

"What good is it for a man to gain the whole world, yet forfeit his soul? What can a man give in exchange for his soul?"

Jesus says: **Matt. 11:28-29 (Ph)**

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

ANSWER KEY:

The Antidote to Burnout; Day of Rest; It Doesn't Matter; Rest My Body; Recharge My Emotions; Quietness; Family; Fellowship; Refocus My Spirit