

09-20-2026 Message



The Art of Slowing Down, Part 4: Prioritizing Sabbath Rest

What was the first job you ever had?

3

What was the worst job you ever had?

4

THREE OBSERVATIONS ABOUT WORK:

1. God designed work before sin.

5

³¹God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Genesis 1:31 (NIV)

6

Genesis 1:31 (NIV)

THREE OBSERVATIONS ABOUT WORK:

1. God designed work before sin.
2. Work can be one of life's great joys.

7

¹²I know that there is nothing better for people than to be happy and to do good while they live.

¹³That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.

Ecclesiastes 3:12-13 (NIV)

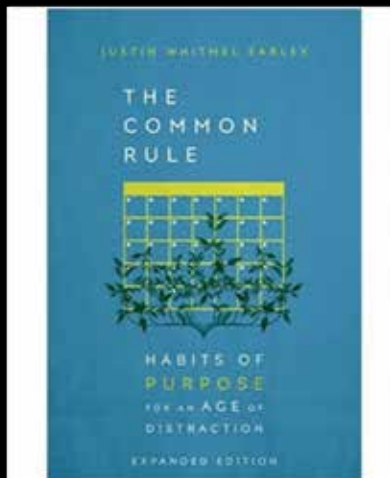
8

Ecclesiastes 3:12-13 (NIV)

THREE OBSERVATIONS ABOUT WORK:

1. God designed work before sin.
2. Work can be one of life's great joys.
3. If not kept within limits, work can consume too much of our lives and define too much of our identity.

9



10

“ The paradox of good work is that anything worth doing requires us to bend our lives toward it. The challenge is not to bend so far that we break — or that work becomes our identity. This is what we’re doing when we prove our busyness to ourselves and each other; we’re trying to show that we matter, that the world wants us, that the world depends on us. ”

Justin Whitmel Earley, *The Common Rule: Habits of Purpose for an Age of Distraction*

11

Sabbath is God’s gift for renewal and to help us put work in its proper place.

12

¹⁷It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.' ”

Exodus 31:17 (NKJV)

13

Exodus 31:17 (NKJV)

The Hebrew word translated as "refreshed" is naphash (נָפַשׁ). Which means: To breathe, to take breath, or to be breathed upon (as if by a cool breeze). It means to be revived, satisfied, or to take a deep sigh of relief and contentment after completing a task.

14

TODAY WE ASK AND ANSWER THREE
QUESTIONS:

1. What is Sabbath?
2. Why do we need it?
3. How do we do it?

15

1. What is the sabbath?

16

Sabbath is rooted in God's creation.

17

¹Thus the heavens and the earth were completed in all their vast array.

²By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

³Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2:1-3 (NIV)

18

Genesis 2:1-3 (NIV)

GOD DID FOUR THINGS IN ESTABLISHING THE SABBATH:

- A. God finished.
- B. God rested.
- C. God blessed the day.
- D. God made the day holy.

19

God commands us to Sabbath (Exodus 20).

When we become consumed with work,
God gets squeezed out of our
schedules. So "remember the Sabbath"
is, first, a work-related commandment.

20

⁸Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but 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

Exodus 20:8-11 (NIV)

21

Exodus 20:8-11 (NIV)

residing in your towns. ¹¹For 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.

Exodus 20:8-11 (NIV)

22

Exodus 20:8-11 (NIV)

It's worth noticing: **Sabbath is the only spiritual discipline in the Ten Commandments.**

23

God designed the Sabbath to be a blessing and a means of refreshment.

24

²⁹They must realize that the Sabbath is the LORD's gift to you. That is why he gives you a two-day supply on the sixth day, so there will be enough for two days. On the Sabbath day you must each stay in your place. Do not go out to pick up food on the seventh day."

Exodus 16:29 (NLT)

25

Exodus 16:29 (NLT)

²⁷Then he said to them, "The Sabbath was made for man, not man for the Sabbath.
²⁸So the Son of Man is Lord even of the Sabbath."

Mark 2:27-28 (NIV)

26

Mark 2:27-28 (NIV)

The Sabbath is God's gift to *you*. Are you receiving it that way — or treating it like one more obligation to shoe-horn into an already full, stressed life?

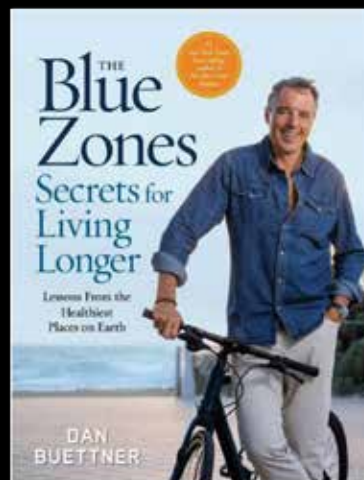
27

2. Why do we need it?

28

Working 55 hours or more per week is associated with a 35% higher risk of stroke and a 17% higher risk of dying from ischemic heart disease compared to working standard hours.
(2024 International Labor Association study)

29



30

Our need for the “rest” behind the rest.
There is no Sabbath — no rest, no
peace — apart from God.

31

⁹There remains, then, a Sabbath-rest for the
people of God;
¹⁰for anyone who enters God’s rest also rests
from their works, just as God did from his.
¹¹Let us, therefore, make every effort to enter
that rest, so that no one will perish by
following their example of disobedience.

Hebrews 4:9-11 (NIV)

32

Hebrews 4:9-11 (NIV)

Jesus offers us a rest for our souls, not
just our bodies.

33

²⁸“Come to me, all you who are weary and
burdened, and I will give you rest.

²⁹Take my yoke upon you and learn from
me, for I am gentle and humble in heart, and
you will find rest for your souls.

Matthew 11:28-29 (NIV)

34

Matthew 11:28-29 (NIV)

I can find rest in the finished work of
Christ.

35

³⁰When he had received the drink, Jesus
said, "It is finished." With that, he bowed his
head and gave up his spirit.

John 19:30 (NIV)

36

John 19:30 (NIV)

You get a day. A day when your identity isn't wrapped up in your performance. A day when you're reminded that God doesn't love you because of what you do – but because of who you are.

37

3. | How do we do it?

38

Three principles:

Rest, Recharge, Renew

39

A. REST-physical, emotional, mental

40

An INC magazine poll found 62% of readers had experienced or were currently experiencing burnout — that dragging feeling of being more tired on Monday than you were when you finished work on Friday.

41

B. RECHARGE-in the way God wired you. Recharging looks different from person to person.

42

“

Our souls need more than to do nothing: They need to do restful things. In this sense, real rest takes real work.

Justin Whitmel Earley, *The Common Rule*

”

43

What your work looks like can shape what renewal looks like for you. A few things worth considering as you plan your Sabbath:

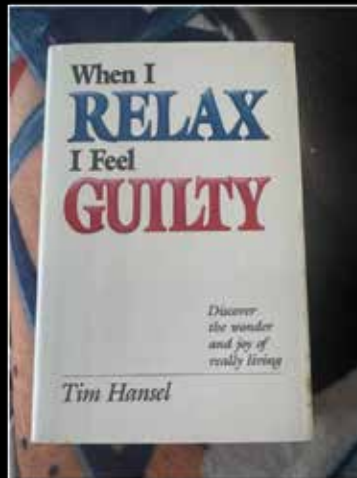
44

- If your work is physically demanding, renewal may mean stillness, quiet, and slowing your body down.
- If your work is mentally/emotionally demanding (a desk job, ministry, managing people), renewal may mean the opposite — movement, being outdoors, using your hands, physical play.
- If your work is people-facing and draining, renewal may mean less social interaction. For some of us a "day off" that's full of other people's needs isn't a Sabbath.

45

C. RENEW your spiritual life.

46



47

“ I was dominated by “should,” “ought to’s,” and “musts.” I would awaken unrefreshed in the morning, with a tired kind of resentment, and hurry throughout my day. I was exhausted trying to be everything that others wanted me to be, forgetting that God loves and accepts me as I am. I chose to believe, in more than just words, that my worth and identity is defined what I do rather than who I am in Christ. ”

Tim Hansel, *When I Relax I feel Guilty*

48

FOUR WAYS TO RENEW YOUR SOUL ON THE SABBATH:

1. Focus on God and engage in worship.
2. Enjoy creation, beauty, and pursue interests that are enjoyable.
3. Invest in the relationships most important you.
4. Find a place to serve and bless others.

49

Conclusion: You Get a Day

50

A Sabbath rest is a time when we cease from work, focus on God's love and provision, and engage in what actually refreshes and restores us.

51



52 Group

End Theme Slide