

CCC GODS WORD TO WORKAHOLICS P4

Ten Values That Build Strong Families

Take out your notes .Do you ever get tired just thinking of what you've got to do? Do you ever find yourself as fatigued on Monday morning as you were on Friday afternoon? Do you ever feel guilty when you relax? We'll today we're going to look at what God has to say about taking a day off. We're in this serious on the Ten Values that Build Strong Families. Would you agree that workaholism hurts families? It does. The fourth commandment is all about taking a day off. It's interesting to me that God has more to say about taking a day off than He does about either murder or adultery. It's the longest of the ten commandments. It's as if He's saying, "I want you to take this serious, this is not a suggestion. I am commanding you to take a day off every week."

Exodus 20:8-9 "*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, God says. On that day no one is to work." That's pretty clear. No one is to work.

I. THE SABBATH: ANTIDOTE TO BURNOUT

God says I have created you and I have a purpose for your life and here is part of what you need to do in this processes... You need to, "*Observe the Sabbath and keep it holy.*" What is He talking about here? What does the word Sabbath mean? Sabbath means simply "Day of rest". God says every seventh day you are to take a day of rest. Why? In God's word, the bible, Jesus said "*The Sabbath was made to benefit man, and not man to benefit the Sabbath.*" Mark 2:27. God says "I'm doing this for your benefit" and the purpose is to prevent burnout. Every seven days you need to get physically, emotionally, and

spiritually recharged because your batteries run down every few days. So God says, I'm doing this for your benefit. The Sabbath it's the antidote to burnout, it's the prevention against the stress-filled world we live in. So God says, every seven days I want you to do this. **When is it?**

Saturday, Sunday, Friday. You need to understand to the New Testament church, it doesn't matter. The answer is once a week. God doesn't care when you do it as long as you do it once a week. The three religions -- Islam, Judaism and Christianity -- the Muslims celebrate the Sabbath on Friday, the Jews celebrate the Sabbath on Saturday, and the Christians celebrate the Sabbath on Sunday. But not one place in the Bible does God command you to worship on Sunday... Then why are we here today? In the New Testament the first Christians took the Jewish Sabbath and began to celebrate it on Sunday in honor of

Jesus' resurrection. In the book of Revelation, John calls it the Lord's Day. So it became the custom of Christians to gather and worship on Sunday, because Jesus rose on a Sunday to celebrate the day off, the Sabbath day, on Sunday.

But if you want to be clear about it Col 2:16-17 says, *as a Christian you're no longer tied down by what day you celebrate the Sabbath on*. Paul says in Romans 14:5-6 (LB) *"Every day alike belongs to God. On questions of this kind one must decide for himself. God says, pick one specific day a week to use for rest and recreation and restoration and worship. Recharge yourself. God wants you to do it.*

II. WHAT TO DO ON YOUR SABBATH

The Bible says, *"Keep it holy."* How do I *"keep it holy"*? Do you think having a regular day off would do some good for your family? How about for you? God says, *"keep it*

holy". What does it mean to be holy? Holy means "*set apart*", different. God says, I want you to set one day a week apart to do something different than you do the other six days of the week. On the seventh day, you're to have a change of pace. That's what it means -- unique, reserved, special. How do I keep the day holy? By using it the way God intended. How do I do that?

1. God says use the day to rest my body.

Psalm 127:2 "*God wants his loved ones to get their proper rest.*" God says I want you to be rested, your body needs rest. This is so important that God used Himself as an example for us. When he created the world, it says he took six days to create the world and on the seventh He rested.

Was God tired that's why He took a rest? No, God does not get tired. So why did God rest on the seventh day? He was modeling something God says is an important principal of

life -- every seven days you take a day off. So when Edna-Wynne says hey Bill can you do this or do that... I say "Wow Hun, I would love to but God told me to take it easy today think I will go take a Sunday afternoon nap."

There are two kinds of fatigue: physical fatigue that's when your muscles get tired and spiritual fatigue that's when your emotions get tired. Spiritual fatigue is a far greater problem in our society today because most of you don't do manual labor. You do things that drain your emotions. You can take the whole week end off and sleep the whole week end and still go back to work on Monday and still be emotionally drained even if you slept away the whole week end. Why? Because rest is not enough. Rest will take care of physical fatigue but it will not take care of emotional fatigue.

2. God use the day to recharge my emotions.

I use the day to recharge my emotions because work's stress drains you. Americans are always in a hurry and we need regular doses of inspiration and encouragement.

How do you do it? There are three things that are universal that you need to build into every Sunday (or whatever day you choose):

1. Include time for quietness.

Ps. 23:3 *"He leads me beside quiet waters, he restores my soul."* Quietness and soul restoration go together. The Bible says, *"Be still and know that I am God."* Mark 6:31 "There were so many people coming and going Jesus said to His disciples, *'Let's go off by ourselves where we will be alone and you can rest for awhile.'*" He says, there's so much going on in your life you need to get alone, get by yourself, you need a time of quietness.

2. Include time for family.

In American history Sunday has historically been a day for two things: church and family. I think that's a good idea.

God wants you to plan some special time with your family, to do things with them that draw your family together.

Eccl. 9:9 *"Enjoy life with your wife whom you love..."*

"A relaxed attitude lengthens a man's life." Do you want to live a long time? Chill out! Relax, have some fun with your family. You're not wasting time, it's an important time.

God

says you need to do it. *"Being cheerful keeps you healthy."*

It's a slow death to be gloomy all the time." Proverbs 17:22

Most of the parents in our area, both the husband and wife have to work. You need some time with your families.

Men, go home, talk to your wife and play with your kids or ... play with your wife and talk to your kids.

3. Include time for fellowship

You need time with other believers. We draw strength from being together. We draw strength from each other. *"Let us not give up the habit of meeting together, instead let us encourage one another."* Heb. 10:25. When we get together we encourage each other. That's why David says in Ps. 122, *"I was glad when they said to me, let us go to the House of the Lord."* He said I look forward to it. Why? There's a rejuvenation that comes by getting together with other believers. It's tough being a believer out there in the world. We need each other to encourage and uplift each other and inspire each other and challenge each other. Rarely a week goes by that somebody doesn't say to me, "I wasn't going to come today. I was so tired, I didn't feel good. But I decided to go anyway and I'm sure glad I did." Any of you ever felt that way? You get rejuvenated, recharged, rebuilt by being around other people.

3. USE THE SABBATH TO REFOCUS MY SPIRIT.

Tune into God. This is the most important part. Ps. 95:6 *"Come let us bow down in worship before the Lord our Maker."* circle the word "worship" Sunday is preeminently a day to worship, to get a focus on God, a time to remember what's important about life, a time to get a spiritual tune up, a spiritual recharge. The tragedy is many people take the day off. They use it to take care of their physical needs and they rest and their emotional needs, they have recreation and relationships, and they ignore their most important need -- your spirit is empty and it needs to be refilled with God's presence and power and love and awareness that He's with you all the time. America has turned Sunday into Funday. We've taken a holy day and turned it into a holiday – it's Miller time. Most people don't worship God on Sunday, they worship

the sun on Sunday. They go down to the beach for the ceremonial baptisms. They anoint their body with baby oil. Then they lay prostrate before the sun god on the beach. That's their worship. The problem is if all you ever do is work and play then work and play, then work and play... pretty soon you start to think that all there is to life is work and play and there's a lot more to life than just work and play. *"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?"* Mark 8:36. God wants you to ask that question every seven days, "What am I exchanging my life for? What is my purpose in life? What am I here for? He wants you to stop and re-examine your priorities, re-evaluate, regroup, relax, tune into God, listen to Him, get your perspective right, get your priorities rebalanced and refocus on God. You need that every seven days.

I'm saying this third thing, Refocus My Spirit -- Worship, is by far the most important. Fathers, if you want a practical way of being the spiritual leader in your home, it's real simple. Your faithfulness at worship is a good example that you can model to your kids. Parents need to understand, you don't teach values to your kids, you model values to them. They catch them automatically by your model. Every time you say, "We're **not going** to go to church this week end. Let's go up to the cabin. We're tired today, we've got some extra work so we're not going to go to the worship service today." You are modeling inconsistency to your family. God says every seven days, you rest, recharge and refocus.

When you buy a car they give you a book that has a maintenance schedule in it. That maintenance schedule says if you do certain things at certain times then that car

will last you a long time. The owner's manual for your life is the Bible. God says the maintenance schedule for living is every seventh day you slow down, stop, regroup, and you spend time in worship, and in things that recharge you emotionally and in physical rest. If you do that you will be far more successful and you will last far longer than any other way.

The life style that Jesus offers is not a difficult life style. It's the most logical life style. He knows how you are made. He says, *"I came that you might have life."* When you do it God's way, you benefit -- physically, emotionally, spiritually, in every way. When you don't follow God's way your priorities are out of order, you are chronically fatigued. I'm not talking about a physical ailment but an emotionally, physically fatigue all the time. You're out of balance. What do you do when I'm that way? You come to

Jesus Christ and ask Him to help you. You say to Him, take all of these parts of my life that are loading me down and help me to sort out what's really important, Lord. Become the manager of my life. Jesus said, *"I will give you rest."* Matthew 11 *"Come to me, all you who are weary and overburdened, and I will give you rest! For My yoke is easy and My burden is light."* Jesus said if you're carrying a heavy burden today, you're carrying one that I don't want you carrying. You're trying to be God. Let God be God and you be you. Life will be a whole lot easier. I want to challenge you to start taking this commandment seriously. It is not an option. Do this for your own benefit. The Sabbath was made for man. 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..."*