

4th Commandment:

You'll keep my rest day different, distinct, special. You'll do what the word means - "stop". You'll work six days, do all you've got to do, then the seventh day is my day. You won't work, your family won't work, your staff won't work, your equipment won't work, your guests won't work. 'Cos I made everything you see in six days. Then I took a break on the seventh. So will you.

Exodus 20:8-11 – Street Bible

Time

Many of us spend a lot of time rushing about

Is there enough time?

Use Time Gods way -

A good balance between work and Rest.

Need to look at work before we can really look at rest.

Work – not employment - is important.

Paid

In an office

Voluntary – charity shops etc

Home farm or

Age concern

Or another shop

Or another shop.

Or a builder

At the center

At school / college

Not dassing about!

Helping

Cooking

Gardening

Shopping

In the home – cleaning,

Hoovering

the washing,

ironing

washing up

What else?

We can all use our time well.

Give your “job” your best and pray for those you “work” with

Gadgets help us – Phones, Laptops, email etc. but they mean we never stop. We almost feel guilty about relaxing!!

Rest is important

There are natural rhythms:
day / night / sleep
heart beats

Others ...
 year,
 Spring
 Summer
 Autumn
 Winter

Must not ignore these rhythms – cf jet lag! Rosy flying on Holiday – Ben to Turkey

We function better if we take one day in seven off.

Fourth commandment – Have a rest one day in 7

God rested as well Genesis 2:1-3

“On day seven God had finished making the world and the universe. God then takes a big rest. He just enjoys what He has made. Then God says, “Let's keep this day of the week a special day. Lets make it a day off from everything. A real rest day”

Our self worth

Do we think that the busier we are the more important we are?

Work AND rest have value. Both work together

Taking a day off is not a luxury it is the way we were made to live. It also stops work from being central to our existence.

If we believe that to *do* more is to *be* more, we become slaves to what we do. We are not just what we do.

We are human beings not human doings. If all we do is do, we will stop being!

Taking a break reminds us of our limitations. We are not indispensable.

Plan your rest – make sure it does not become another source of stress. Do you really need to do this that or the other to be the best at your hobby?

People are more important than things so spend time with people.

Enjoy God in your rest. A day to focus on God. It is not the only day. A time to worship Him – putting Him first in your life – refocusing etc.

By keeping a day of rest we declare that God is in charge of our time. If He is Lord He is Lord of our time as well. We are dispensable to work and the world, but not to God and our families!