

WHAT IS THE SOUL?

- My soul is the **CENTER** of who I am.
- My soul is the **INNER** me.
- My soul is the **REAL** me.
- My soul is the **ETERNAL** me.

(Matthew 16:26 NIV) What good will it be for someone to gain the whole world; yet forfeit their soul. Or what can anyone give in exchange for their soul?

(3 John 1-4 MSG) to my good friend Gaius: How truly I love you! We're the best of friends, and I pray for good fortune in everything you do, and for your good health—that your everyday affairs prosper, as well as your soul!

A THRIVING SOUL REQUIRES TAKING A TIME OUT

(Exodus 20:8-11 NLT) "Remember to observe the Sabbath day by keeping it holy. {9} Six days a week are set apart for your daily duties and regular work, {10} but the seventh day is a day of rest dedicated to the LORD your God. On that day no one in your household may do any kind of work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. {11} For in six days the LORD made the heavens, the earth, the sea, and everything in them; then he rested on the seventh day. That is why the LORD blessed the Sabbath day and set it apart as holy.

OBSERVATIONS:

1. Did God need rest?

- God does not get TIRED; he was MODELING the need to do something DIFFERENT.

2. What is keeping the Sabbath?

- The day is DEDICATED to God, a time where our RELATIONSHIP with God is INTENSIFIED.

(Psalm 127:2 NLT) It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

(Eccl 10:15 NLT) Fools are so exhausted by a little work that they have no strength for even the simplest tasks.

3. When is the Sabbath?

(Col 2:16-17 NLT) So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new-moon ceremonies or Sabbaths. {17} For these rules were only shadows of the real thing, Christ himself.

- A time out for REST, REFOCUS, and RESTORATION.

4. It is the only commandment not observed after the day of Pentecost. Why?

- Our Sabbath is in CHRIST.

(Mat 11:28 NLT) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

A SIMPLE TIME OUT

RECHARGE~ spiritually, emotionally, and relationally.

-Include time for WORSHIP.

{Psa 95:6 NLT} Come, let us worship and bow down. Let us kneel before the LORD our maker,

-Include time for QUIETNESS.

{Mark 6:31 NLT} Then Jesus said, "Let's get away from the crowds for a while and rest." There were so many people coming and going that Jesus and his apostles didn't even have time to eat.

-Include time for COMMUNITY.

{Heb 10:25 NLT} And let us not neglect our meeting together, as some people do, but encourage one another...

ENGAGE in conversation with God.

{Mat 11:28 NLT} Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

-It's not about TAKING time; it's about MAKING time.

SIZE up your purpose on life.

{Acts 20:24 NLT} ²⁴ But my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus—the work of telling others the Good News about the wonderful grace of God.

-The kind of Sabbath "rest" that is of value is that which reconnects you to your PURPOSE in life.

TAKE a time OUT!

{Heb 4:9-12 NLT} So there is a special rest still waiting for the people of God. {10} For all who enter into God's rest will find rest from their labors, just as God rested after creating the world. {11} Let us do our best to enter that place of rest.

-Don't let URGENT things crowd out the IMPORTANT things.

Psalm 23 The LORD is my shepherd; I shall not want. ² He makes me to lie down in green pastures; He leads me beside the still waters. ³ He restores my soul;