

*Momentum for Life: Enjoy a Sabbath Day*

*January 24, 2010*

**ROGER MILLER**

*Introduction: Margin*

For momentum for life-for momentum to make it through 2010 we need to enjoy the Sabbath.

*Sabbath Day*

*After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. Matthew 28:1*

*Lord of Sabbath*

*Then he said to them, "The Sabbath was made for man, not man for the Sabbath. <sup>28</sup>So the Son of Man is Lord even of the Sabbath." Mark 2:27-28*

What Jesus was teaching is that human life is more important than rules.

*Sabbath Rest*

*There remains, then, a Sabbath-rest for the people of God; <sup>10</sup>for anyone who enters God's rest also rests from his own work, just as God did from his. Hebrews 4:9,10*

SO PUT SPACE IN MY SCHEDULE.

*Sabbath a celebration of Creation*

*Exodus 20:8-11 "Remember the Sabbath day by keeping it holy.<sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work,*

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*maidservant, nor your animals, nor the alien within your gates. For 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.*

what is NDD you ask? N\_\_\_\_ D\_\_\_\_\_ Disorder.

### Sabbath Good

*Jesus said to the man with the shriveled hand, "Stand up in front of everyone." <sup>4</sup>Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. <sup>5</sup>He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. Mark 3:3-5*

"What good do we do on the Lord's day?"

### Sabbath a day of Worship

He (Jesus) went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. Luke 4:16

Conclusion: What happens when I build in a little margin?

1. I've got more peace of \_\_\_\_\_ in my life.
2. Better health.
3. Stronger r\_\_\_\_\_s.
4. It makes you a \_\_\_\_\_ for God to use.

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