

DATE: May 9, 2010

TITLE: “FINDING REST IN A RESTLESS WORLD”

TEXT: Exodus 20:8-11

SERIES: Back to Basics (#4 of 10)

INTRODUCTION:

1. Speaking of time, famous scientist, Albert Einstein said, “There certainly seems less of it about than there used to be.”

Phrases like,

- “I’m too busy.”
 - “I don’t know where all the time goes.”
 - “I have not had a moment to spare.”
 - “I wanted to but, I just did not have time.”
 - “This week has simply flown by.”
2. They all speak of the limitations of time.
 3. Time has been called the most precious commodity we have.
 4. We cannot make more time, so how we use time is vital.
 5. We know that our time is finite, but the demands on our time can seem infinite.
 6. The busyness of life makes the world a restless place.

ILLUSTRATION: In 2009, the Ketchum Global Research Network asked 1,000 U.S. adults (ages 25–54) what they think about the most while they shower. The number one item was “To-Do” lists and, number two is problems or worries.

7. In a restless world filled with things to do, problems, and worries, many are in need of rest.
8. God instructs His people to take time for Sabbath rest.
9. Sabbath rest makes a statement about who we are and who runs our lives.
10. How do we find rest in a restless world?

I. (v.8) YOU CAN FIND REST BY SETTING ASIDE TIME TO REMEMBER “Remember the Sabbath day by keeping it holy.”

1. The fourth commandment is the longest in the Decalogue.
2. In the history of the critical study of the Ten Commandments over the last hundred years, it has been observed that more attention has been devoted to this commandment than most of the others.
3. The first word, “Remember”, calls for our attention.
4. The use of the word, ‘remember’ speaks against our tendency to forget and neglect.
5. The Hebrew use of the word is equivalent of an emphatic imperative, instructing us to remember in the contexts of covenantal obligation, in the positive sense of observing, without lapse as a present and continuing priority.
6. This commandment flows out of God’s love for His people.
7. The Sabbath was made for the good of man.

EXAMPLE: MARK 2:23-24 - The disciples were hungry and began to pick some grain and eat it on the Sabbath. When the Pharisees saw this, they said, “Look, why are they doing what is unlawful on the Sabbath?” (vs. 24) “Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.” (Mark 2:27-28)

8. The OT clearly uses a term denoting a day of cessation, for religious reasons, from the normal daily routine.
 9. The Sabbath was not a “business as usual” day.
 10. It was a day of stopping, a definite day designed to interrupt the normal activity of work.
 11. The Sabbath day was strictly a Hebrew observance, where they set Saturday aside (from sundown Friday to sundown Saturday) as a time devoted to God.
 12. Scripture gives us a window into the seriousness and practice of this day.
 - **“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.” Exodus 34:21,**
 - **“For six days, work is to be done, but the seventh day shall be your holy day, a Sabbath of rest to the Lord. Whoever does any work on it must be put to death. Do not light a fire in any of your dwellings on the Sabbath day.” Exodus 35:2-3**
 - **“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord.”... Isa 58:13-14**
 13. The Sabbath involved rest from all ordinary labor not essential to life.
 14. As time went on, a list of 39 different classifications of work to be avoided were drawn up.
 15. Under these categories, there were numerous subdivisions.
 16. Example a: Category of Carrying Burdens Rule - anything equal or heavier than a dried fig was described as a burden.
 17. Example b: Category of Travel Rule - Only travel one thousand yards.
 18. Example c : Category of Labor Rule - It was unlawful to spit on the ground, because one might scuff it with your sandal and therefore, plow and cultivate the earth.
 19. Jesus Christ confronted and condemned the legalism that made the day harsh and heartless, yet He did not do away with the heart of service for the Lord or the sacredness of the day.
 20. In Matthew 12 was asked “Is it lawful to heal on the Sabbath?” Jesus answered. **(*Picture of sheep etc) “He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath.” (Matthew 12:11-12)**
- ILLUSTRATION: Commenting on this passage, Billy Graham said, “Jesus spoke about the ox in the ditch on the Sabbath. But, if your ox gets in the ditch every Sabbath, you should either get rid of the ox or fill up the ditch.”**
21. The major thrust of this fourth command falls on the verb, “to hallow or to make holy”.
 22. The word, ‘Holy’ means ‘separate from’.
 23. The Sabbath was to be separate or different from other days.
 24. The people of God needed to set aside a day separate from the others.
 25. It was to be kept free from the customary labor of sustenance of the other six days because it belongs to God.

26. The Sabbath was a day set aside for God.
27. The Sabbath is not just about time off, it is about sacred time.
28. God called the people to remember the Sabbath day by keeping it holy.

ILLUSTRATION: (Scenic picture) “All days are holy, but some are more so; all moments can be sacred, but not unless we set some aside to be intensely so.” (Karen Mains)

29. It was a day that reminded them they were a separate people.
30. They were not a people like the other peoples of other nations, they were a people who served a Holy God.
31. The Sabbath was a day to remember who they were.
32. They were to remember the Sabbath by keeping it holy or separate from others days by not allowing the busyness of life to squeeze it out so they would forget.
33. In the busyness of life, we must stop and take time to remember who we are.
34. We are a people who belong to a Holy God.

(*Picture of people) “But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.” (I Peter 2:9)

35. We are to set aside time to remember who we are in the Lord.
36. We are a holy people belonging to God.
37. To find rest in restless world, we must set aside time to find rest in Him.
38. Set time aside for God
39. Set aside time to keep us from losing the spiritual dynamic and thus, the purpose to His work and life.
40. To find rest, we must set aside time to be with Him.
41. In one sense, set aside time to be Holy.

ILLUSTRATION: (* Appropriate contemporary pictures with this) (*Trio or quartet or ensemble together to sing during song) Well over a hundred years ago, William D. Longstaff penned these words that are still so relevant for us today:

*Take time to be holy, speak oft with thy Lord;
Abide in Him always, and feed on His Word.
Make friends of God’s children, help those who are weak,
Forgetting in nothing, His blessing to seek.*

*Take time to be holy, the world rushes on;
Spend much time in secret, with Jesus alone.
By looking to Jesus, like Him thou shalt be;
Thy friends in thy conduct His likeness shall see.*

*Take time to be holy, let Him be thy Guide;
And run not before Him, whatever betide.
In joy or in sorrow, still follow the Lord,
And, looking to Jesus, still trust in His Word.*

*Take time to be holy, be calm in thy soul,
Each thought and each motive beneath His control.
Thus led by His Spirit to fountains of love,
Thou soon shalt be fitted for service above.*

42. To find rest, we must intentionally stop and take time, time to remember who we are and who God is.
43. We are a people who belong to a Holy God.
44. Take time to remember what God has done for us.
45. In the account of the Ten Commandments in Deuteronomy, we find this additional statement. **“Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.” (Deuteronomy 5:15)**
46. To find rest, we must take time to remember what the Lord has done for us.
47. The exodus, marking the liberation and creation of a new people, was linked to the Sabbath.
48. The exodus had been the redemption of Israel by their God from slavery.
49. Likewise, the resurrection of Jesus Christ marks liberation from an old life and entry into a new life, which was the gift of God in love.
50. Take time to remember that He has set us free from the bondage of sin and eternal life.
51. Take time to remember what the Lord has done for us on the cross.
52. Set aside time to remember who Jesus is and what He has done for us.
53. Jesus is Lord of all, including the Sabbath.
So the Son of Man is Lord even of the Sabbath.” (Mark 2:28)
54. Without Jesus, the laws and guidelines of scripture are unfulfilled.
55. Remember that Jesus came to be Lord of your life in everything, including the Sabbath.
56. The Christian church began to set aside time to worship and celebrate Christ on the first day, which has been called the Lord’s day, from Revelation 1:10.
“On the first day of the week we came together to break bread. Paul spoke to the people and, because he intended to leave the next day, kept on talking until midnight.” Acts 20:7
57. As the church grew and spread, so did the importance of meeting together.
58. They used the Lord’s day for study, prayer, fellowship, praise, strengthening morale, and worship.
59. Historically, the pattern that churches all around the Mediterranean got into was to meet on a Sunday.
60. In AD 321, the first Christian Roman Emperor, Constantine, decreed that Sundays were to be an official public holiday, on which most work was forbidden.
61. Since then, Sunday has been the most common Christian day of rest and worship.
62. We gather on Sunday—the Lord’s Day—to worship God, because we are under the new covenant (arrangement) with Him, which was made possible by our Lord Jesus.
63. Most pastors don’t preach until midnight, but we do set aside time to gather together and remember, through prayer, praise, worship, and fellowship, the Lordship of Christ.

64. We gather together in worship to focus on Jesus.

“Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.” (Colossians 2:16-17)

65. Worship is an opportunity to come together to remember the Lord and focus on Him.

ILLUSTRATION: **Prop – an axe (Cartoon of two men, both holding an axe. One looking exhausted and the other looking fresh and not really tired. Second cartoon caption- "Did you notice I was sharpening my axe while I was sitting?")

The story is told of two men who had the tiring job of clearing a field of trees. The contract called for them to be paid per tree. Bill wanted the day to be profitable, so he grunted and sweated, swinging the axe relentlessly. Ed, on the other hand, seemed to be working about half as fast. He even took a rest and sat off to the side for a few minutes. Bill kept chopping away until every muscle and tendon in his body was screaming. At the end of the day, Bill was terribly sore, but Ed was smiling and telling jokes. Amazingly, Ed had cut down more trees! Bill said, "I noticed you sitting while I worked without a break. How'd you outwork me?" Ed smiled and answered, "Did you notice I was sharpening my axe while I was sitting?"

66. Worship is a time to sharpen our spiritual axe.

67. It is a time to prepare for the challenges and battles before us.

68. It is not a time to watch, but to participate and be engaged with God.

69. Don't let time with the Lord be marginalized.

70. Worship enables us to set aside time to stand in awe and wonder of God and remember.

(*Picture of worshiper) “Lord, I have heard of your fame; I stand in awe of your deeds, O Lord. Renew them in our day, in our time make them known; in wrath remember mercy.” (Habakkuk 3:2)

71. It is an opportunity to set aside time to remember who the Lord is and who we are as His people.

72. It is an opportunity to take time to remember what the Lord has done for us, and is doing in our lives every day, through His grace in our lives every day.

ILLUSTRATION: (*Picture) Prolific Christian Author, Warren Wiersbe said, “Worship is the believer’s response with all that he is-mind, emotions, will, and body-to all that God is and says and does.”

73. Worship is an opportunity to acknowledge and remember our complete and constant dependence upon Him.

ILLUSTRATION: (*Frame) Voltaire, the Atheist that fought so hard against Christianity, said, “I can never hope to destroy Christianity until I first destroy the Christian Sabbath.

74. He was simply saying, “I cannot destroy Christianity if the people of God take time to be holy and remember the Lord.

75. Set aside time to worship and remember he alone is worthy of worship and that His amazing grace makes me a true worshipper

ILLUSTRATION: ** (Picture of people doing something, etc.) “Your worship will determine what flows from your life.” (Jack Hayford)

76. To find rest take, time to worship and focus on Him

ILLUSTRATION: David Jeremiah tells about a lady who lived in the city of London, on the top floor of a tenement building. The building she called home erupted in fire. Caught on the top floor, she was trapped. As the fire raged out of control, a terrified young lady was spotted in an open window, weeping and pleading for help. Every door, every route was cut off by flames. Suddenly, a ladder shot into the sky. It came to rest against her window, and a courageous fireman took the young lady into his arms and carried her downward to safety. Seconds later, the roof of the woman's flat collapsed. They rushed the young lady to the hospital and she never had the opportunity to say thank you. During the next few days, she called the Fire Department to discover who it was that saved her life. She generously expressed her gratitude over the phone. The two young people began to chat and a friendship developed. As he wrote, one fire had been snuffed out, but there were new sparks, this time of romance. Friendship grew into love, and love led to marriage. The fireman had become more than a lifesaver; he had become the object of adoration.

77. In this series, Back to the Basics, we want to discover again Who it is that redeemed us and saved us.

78. The Lord wants to be the object of our adoration.

79. Take time to be holy.

80. We can spend a lot of time doing stuff, but are we setting aside time to just be with the Lord?

81. Time just to sit with the Lord, not just doing for the Lord, but being with the Lord.

82. Set aside time to worship and remember

83. Set aside time to grow in your relationship with God through Jesus Christ.

II. (v.9-10) YOU CAN FIND REST BY SETTING BOUNDARIES AND PRIORITIES

ILLUSTRATION: (*picture of book) In 2002, Psychologists, Henry Cloud and John Townsend published a book titled, Boundaries. The premise or synopsis of the book is that having clear boundaries is essential to a healthy, balanced lifestyle. Boundaries define who we are and who we are not. Boundaries impact all areas of our lives: physical boundaries help us determine who may touch us, mental boundaries give us the freedom to have our own thoughts, emotional boundaries help us to deal with our own emotions and, spiritual boundaries help us to distinguish God's will from our own.

1. God set boundaries in which they were to labor and do all their work.
2. God established a six-day work week for His people.
3. God expected His people to rest, but He also *wanted* them to rest.
4. Work was expected, but within boundaries and limitations.
5. Work was not to be put off and then done on the Sabbath, but was to be done in six days.
6. Dr. Dan Spaite said, "People don't have Sabbath because they are ineffective other times during the week."

7. Seek God's guidance and direction for fulfilling His priorities, doing what God has called you to do.
8. Taking a Sabbath requires that you establish priorities.
9. Time with God happens because it is a priority
10. Worship happens because it is a priority
11. Sabbath happens because it is a priority
12. The inference was that the people could do the work God intended to be done by only working six days a week.
13. The real issue with trust for the Sabbath is a matter of faith that God can do it in six days.

“but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work...” Exodus 20:10

14. The seventh day was to be set aside as a Sabbath to the Lord your God.

EXAMPLE: The significance of this is illustrated in the story of the manna God had provided. God provided manna from Heaven for the people. Daily, they were to go out and pick up their bread, enough for that day. They were not to pick up the next day's bread, as each day, they were to do the work of collecting manna for the day. Those that did pick up extra to be used for the next day found it was spoiled and not eatable. The exception was on the Sabbath. No bread was provided on the Sabbath. They were to pick up extra the day previous and it would last through the Sabbath.

15. God honored their obedience to labor the six days.

“but 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 manservant or maidservant, nor your animals, nor the alien within your gates.”(v,10)

16. The admonition is that everyone needs to take a day of rest.

17. Reality is, the body is decaying.

18. The indication was clear that everyone needs to take time to Sabbath.

19. They were to work, but they were to work within boundaries.

ILLUSTRATION: (appropriate background with quote) “There is a danger of doing too much as well as of doing too little. Life is not for work, but work for life, and when it is carried to the extent of undermining life or unduly absorbing it, work is not praiseworthy but blameworthy.” (Ralph Turnbull)**

20. The Sabbath instructed all humankind that there is more to life than work.

ILLUSTRATION: (Picture with this) Someone once said, “If you are burning the candle at both ends, you are not as bright as you think.”

21. You can be consumed by work.

ILLUSTRATION: (*Cartoon - Picture of businessman in a suit, talking to a fisherman relaxing by the water. Make second copy with caption “What do you think I'm doing now?”) A business executive, talking into a cell phone, is walking across a beautiful sun-drenched beach. Ahead of him, a man in simple clothes is dozing in the shade of a fishing boat that has been pulled up on the beach. As the executive passes, the fisherman wakes up, and the executive, now waiting for a call to be returned, decides to make conversation. “The weather is great, there are plenty of fish; why are you lying around instead of going out and catching more?” The fisherman replies, “Because I caught enough this

morning.” “But just imagine,” the executive says, “if you went out three or four times a day and brought home three or four times as many fish, you know what could happen?” Puzzled, the fisherman shakes his head. “Why,” says the executive, becoming enthusiastic, “you could buy yourself a motorboat. Then, after, say, two years, you could buy a second one. Then, after perhaps three years, you could have a cutter or two. And, just think, one day you might be able to build a freezing plant-you might eventually even get your own helicopter for tracing shoals of fish and guiding your fleet of cutters. You could even acquire your own trucks to ship your fish to the capital, and then...” “And then?” asks the fisherman. “And then,” the executive concludes triumphantly, “You could be calmly sitting at the beach side, dozing in the sun and looking at the beautiful ocean!” The fisherman replies, “What do you think I’m doing now?”

22. There are many reasons people push themselves so hard, ranging from achievement, recognition, sense of fulfillment, dedication, and much more.
23. The reality is, our bodies are not built for non-stop work.
An old Indian proverb says, “You break the bow if it’s always bent.”
24. We are designed to take a day to rest.
25. Is God really pleased or glorified through what we do?
26. God clearly defined that the seventh day was to be a Sabbath to the Lord your God.
27. God has established priorities.

ILLUSTRATION: A couple of years ago, I had the privilege of hearing emergency medical doctor, Dr. Spaite speak on Sabbath. He is the author of Time Bomb in the Church: Defusing Pastoral Burnout. He spoke from both a biblical and medical perspective that we all need to take a Sabbath. He pointed out that approximately 50 million people take some kind of stress medication.

28. We all need to take time to Sabbath and rest.
29. Take family time for Sabbath.
30. Lead your family to take Sabbath.
31. God is telling us to pull off the road of business and rest.
32. Everyone needs to make it a priority to Sabbath.

ILLUSTRATION: History records two groups that started across the Great Plains during the Gold Rush, going west to California. One group was led by a Christian fellow. His group stopped every Lord’s day for worship and rest. However, the other party was led by a non-Christian. The members of the second group were so motivated by gold fever they didn’t want to stop one day a week. They knew that the gold claims were given out on the basis of first come, first served. So, they pushed on every day. The amazing thing is that the wagon train that worshipped and rested every Lord’s day arrive in Californian first, even though both left the East at the same time.”

III. (v.1) YOU CAN FIND REST BY FOLLOWING THE EXAMPLE THE LORD ESTABLISHED.

“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.” (v.11)

1. Yahweh, the Lord Himself, modeled Sabbath as a day of ceasing from the labor of the other six days.
2. God modeled rest when He did not have to, because we need rest.
3. Israel, therefore, could hardly do otherwise.
4. It was a time for reflection.
5. God took a day of rest, and we need to take time to rest
6. It is a time for physical rest, but it is also a time for spiritual rest and renewal.
7. The Sabbath belongs to Yahweh
8. Yahweh Himself blessed the Sabbath and made it holy.
9. The option of the practice of nonobservance has been chosen for many, which is why many have found themselves spiritually exhausted or drained.

ILLUSTRATION: One pastor tells this story, “A few years ago, I received a phone call at my desk. A girl in the college department called to say that her car had broken down and she was stranded about two miles from the office. So, I drove over to the location and found her leaning against her car, looking flustered. I leaned against the car next to her and asked what happened. ‘Well, I was just driving down the road and it quit running,’ she said. ‘So, I pulled off to the shoulder.’ ‘Could you be out of gas?’ I asked. ‘No, I just filled it up.’ ‘What happened? Did it make any noises?’ ‘Oh, yeah,’ she replied. ‘As I was driving down the hill, it went ‘brump, brump, brump, POW!’ In an effort to be an active listener I reflected back to her, ‘You say the car went ‘brump, brump, brump, POW!’?’ ‘Yep.’ I was feeling a little more confident, so I asked, ‘When was the last time you changed the oil?’ She gave me this quizzical look and said, ‘Oil?’ As it turned out, she had owned the car for a year and a half and never changed the oil.

10. Sometimes we find ourselves going, ‘Brump, Brump, brump’.
11. We need to ask, "When was the last time you took a Sabbath rest?"
12. This is why time for worship and reflection is so important.
13. The Lord provides spiritual rest.

ILLUSTRATION: (* Poem on the screen with appropriate background) In 1903, Cleland B. McAfee wrote these words after two of his nieces died from diphtheria.

*“There is a place of quiet rest, Near to the heart of God,
A place where sin cannot molest, Near to the hear of God.
There is a place of comfort sweet, Near to the heart of God,
A place where we our Savior meet, Near to the heart of God.”*

14. To find rest, we must rest in the Lord.

**“Come to me, all you who are weary and burdened, and I will give you rest.”
Take my yoke upon you and learn from me, for I am gentle and humble in heart,
and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30**

15. To rest in the Lord is to depend upon Him.

ILLUSTRATION: “Two words summarize the lives of most Americans – hurry and worry” (R. Atchley, Sinai Summit 82).

16. The purpose of the Sabbath was to give the Israelites time to reflect, not on their works, but on God’s works.
17. It is a resting from saving ourselves.

18. The verb use in verse 11, ‘Sabbat’ comes from a verb meaning ‘to desist’, not to rest. Indication is that the Sabbath rest is ceasing from our own labors to become a fellow laborer with God
 19. As part of God’s created order, we are totally dependent upon the Creator.
 20. Is it possible some are trying too hard to find their own way instead of really depending upon Him?
 21. We need to come more to Him.
 22. God has a plan for each of us. We need to rest in His plan.
 23. We need to stop and meditate on Him.
 24. Don’t let things crowd out your spiritual rest.
 25. We need to take time to reflect on His work, not ours.
 26. The Sabbath is not just a day; it is a life- changing attitude.
 27. By reflecting on who He is and what He has done, our spirits will be so refreshed that when we return to our workaday world and all of its pressures, we can continue to rest in Him.
 28. Hebrews 4 speaks about Sabbath rest.
“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.” (Hebrews 4:9-11)
 29. The word used here describes a rest beyond our own ability to create.
 30. It is a spiritual rest, a rest of the soul.
Psalm 46:10 “Be still, and know that I am God. . .”
 31. In all our busyness, we must stop and take the time to let Him heal our spirits and refresh our souls
Isaiah 40 talks about the fact that even the strength of young men wears out. “But they that wait upon the Lord” – trust in Him, rest in Him, let Him be their strength and refuge – “shall renew their strength. They shall run and not grow weary; they shall walk and not faint.” Isaiah 40:31
 32. It is the rest of being in a right and intimate relationship with God.
 33. This rest is entered through faith in Jesus Christ.
 34. God offers His people a rest that can only be known and experienced through faith.
 35. It is a fulfillment through the rest of the soul of those who trust in Jesus as Savior.
 36. Spiritual rest is not found by works or keeping religious rules.
 37. It is found in faith and trust in the Lord and what He has done for us.
- ILLUSTRATION: (*prop a plane – looks like a small plane type and not commercial) Frank Allegretti, 64, was a meticulous pilot with more than twenty years of experience—which makes it all the more shocking to hear that he crashed the plane he was piloting in a Iowa cornfield because it ran out of gas. He died in the crash. Interviewed for an article about the crash, Allegretti’s wife, Cheryl, said, "Like everybody has told me, he was the most cautious, [safe] pilot they ever knew." Sadly, Allegretti's story is fairly common among pilots. National Transportation Safety Board (NTSB) officials say pilots run out of gas**

with surprising frequency. In the past five years, fuel exhaustion was the cause or a contributing factor in 238 small plane crashes in the U.S., killing 29 people. "It's surprising to me," said Tom Haueter, director of NTSB's Office of Aviation Safety, "that there's a group of pilots who will knowingly push it, thinking, I can make it the last couple of miles and come up short." Van Morris, Mount Washington, Kentucky; source: Associated Press, "Pilots Flying On Empty Baffle NTSB," USA Today (11-30-09)

38. We crash physically or fail to finish the race well when we don't follow God's example.
39. We crash spiritually when we don't rest in the Lord.
40. Sabbath time is a time for reflection, renewal and rest.
41. What could happen in your life if you follow the example the Lord had established.?

CONCLUSION: How do you find rest in a restless world?

I. (v.8) FIND REST BY SETTING ASIDE TIME TO REMEMBER

II. (v.9-10) FIND REST BY SETTING BOUNDARIES AND PRIORITIES

III. (v.11) FIND REST BY FOLLOWING THE EXAMPLE THE LORD ESTABLISHED.

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