

Seven Areas of Breakthrough This Year:

Faith – your personal walk with God

Family – family situations, with children, spouses.

Finances – managing our money, etc.

Freedom – areas of our lives that we have strongholds

Fun – we need to enjoy life

Field of Endeavor - your job or vocation

Friendships - social relationships outside of family

Are You Too Tired to Have Fun?

Story of the Correct Craft Boat Company (Read Pamphlet)

Story of Chick-Fil-A:

S. Truett Cathy, a devout Christian and Sunday School Teacher one said:

“Our decision to close on Sunday was our way of honoring God and directing our attention to things more important than our business. If it took seven days to make a living with a restaurant, then we needed to be in some other line of work. Through the years, I have never wavered from that position.”

On their website, it says, “It’s not about being closed on Sundays, it is about how we use that time with our family and friends. So while we are off on Sunday, we hope you can be with your family and friends. That’s the thought behind each Sunday story - delivering recipes, activities, and inspiration that might bring you a little closer together.”

In 2019, their annual sales were \$3.8 billion, an increase from \$3 billion the year before.

Exodus 16:23-29 | NKJV (23) Then he said to them, "This is what the LORD has said: 'Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.' " (24) So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any worms in it. (25) Then Moses said, "Eat that today, for today is a Sabbath to the LORD; today you will not find it in the field. (26) Six days you shall gather it, but on the seventh day, the Sabbath, there will be none." (27) Now it happened that some of the people went out on the seventh day to gather, but they found none. (28) And the LORD said to Moses, "How long do you refuse to keep My commandments and My laws? (29) See! For the LORD has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day."

God made a commandment FOR OUR GOOD that we should rest one day a week.

Five things to know about the Sabbath:

1. It is a commandment.

Exodus 20:8-11 | NKJV (8) "Remember the Sabbath day, to keep it holy. (9) Six days you shall labor and do all your work, (10) but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. (11) For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

This is one of the Ten Commandments. Are we supposed to keep the Ten Commandments? We don't keep them to get saved because we are saved by grace.

But because we are saved, does that exempt us from keeping them? Because you are saved, does that mean you can now murder? Because we are believers does that mean we can commit adultery?

We endeavor to keep all of the commandments but this one.

1. Have no other gods before Him.
2. Don't have any idols.
3. Don't take the Lord's Name in vain.
4. Honor your Father and Mother.
5. Don't commit murder.
6. Don't commit adultery.
7. Don't steal.
8. Don't lie.
9. Don't covet.
- 10. Remember the Sabbath, keep it holy.**

God commands this for our own good. The Jewish people, according to historians, were the healthiest people because of their diet and they rested.

2. It is a pattern.

Exodus 31:14-17 | NKJV (14) You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. (15) Work shall be done for six days, but the seventh is the Sabbath of rest,

holy to the LORD. Whoever does any work on the Sabbath day, he shall surely be put to death. (16) Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. (17) It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.' "

God rested and was refreshed. If God needed to be refreshed, how much more do we need to be refreshed?

3. God is serious about this.

Numbers 15:32-36 | NKJV (32) Now while the children of Israel were in the wilderness, they found a man gathering sticks on the Sabbath day. (33) And those who found him gathering sticks brought him to Moses and Aaron, and to all the congregation. (34) They put him under guard, because it had not been explained what should be done to him. (35) Then the LORD said to Moses, "The man must surely be put to death; all the congregation shall stone him with stones outside the camp." (36) So, as the LORD commanded Moses, all the congregation brought him outside the camp and stoned him with stones, and he died.

This is how serious God takes this situation. Aren't you glad that we are not under the law but under grace?

Nehemiah 13:19-21 | NKJV (19) So it was, at the gates of Jerusalem, as it began to be dark before the Sabbath, that I commanded the gates to be shut, and charged that they must not be opened till after the Sabbath. Then I posted some of my servants at the gates, so that no burdens would be brought in on the Sabbath day. (20) Now the merchants and sellers of all

kinds of wares lodged outside Jerusalem once or twice. (21) Then I warned them, and said to them, "Why do you spend the night around the wall? If you do so again, I will lay hands on you!" From that time on they came no more on the Sabbath.

4. Unobserved Sabbaths accumulate.

2 Chronicles 36:20-21 NKJV (20) And those who escaped from the sword he carried away to Babylon, where they became servants to him and his sons until the rule of the kingdom of Persia, (21) to fulfill the word of the LORD by the mouth of Jeremiah, until the land had enjoyed her Sabbaths. As long as she lay desolate she kept Sabbath, to fulfill seventy years.

The Children of Israel did not let the land rest every seven years as they were commanded. They went 490 years without observing the Sabbath. Because it was so long, they thought they had begun to get away with it.

5. God made the Sabbath for you. He did not make you for the Sabbath.

Mark 2:23-28 | NKJV (23) Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. (24) And the Pharisees said to Him, "Look, why do they do what is not lawful on the Sabbath?" (25) But He said to them, "Have you never read what David did when he was in need and hungry, he and those with him: (26) how he went into the house of God in the days of Abiathar the high priest, and ate the showbread, which is not lawful to eat except for the priests, and also gave some to those who were with him?" (27) And He said to them, "The

Sabbath was made for man, and not man for the Sabbath. (28)
Therefore the Son of Man is also Lord of the Sabbath."

God is saying, "I did not make you to serve the Sabbath. I made the Sabbath to serve you."

God did not make the Sabbath to be a burden. He made it as a blessing. Jesus did not mean for this to be legalistic He meant for it to be FUN.

If you do not schedule a day off, it will not happen.

The enemy knows that if we do not do this, it will destroy us.

Like the guy gathering sticks, are you dying slowly, one day at a time, because you are not observing the Sabbath?

Someone may ask, "Does it have to be Sunday or Saturday?"
No, it just has to be one day a week.

You have four tanks: a physical tank, a mental tank, an emotional tank, and a spiritual tank.

Every time you give out of one, you are going to have to refill it.

You must figure out what replenishes you.

For most of us, hobbies do not replenish you. Those are fun things you do when you are replenished.

So, the question is, Are you too tired to have fun?

What is the Holy Spirit saying to you through this message? Do you need to begin to observe the Sabbath?