

# STRONG: REST AND PLAY

## STRONG, Part 1

Pastor Ken Ritz \* Oct 16, 2011 \* New Life Vineyard Church

### 1. \_\_\_\_\_ Builds Strength

*Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work.... 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.* Exodus 20:8-9

“Sabbath” literally means Rest.

*But in the seventh year the land is to have a year of Sabbath rest...* Leviticus 25:4

*Consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee....* Leviticus 25:8

*Then at last the land will enjoy its neglected Sabbath years as it lies desolate while you are in exile in the land of your enemies.* Leviticus 26:34 NLT

**The person who is always available isn't worth much when they are available.**

Elton Trueblood

*Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.* Mark 2:27 NLT

*Some think one day is more holy than another day, while others think every day is alike. You should each be fully convinced that whichever day you choose is acceptable.* Romans 14:5-6 NLT

## How Do I Keep The Sabbath Holy?

### 1. I Rest My Body.

*It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know God enjoys giving rest to those he loves?* Psalm 127:2 MSG

### 2. I Recharge My Spirit.

...with quietness.

*In quietness and trust is your strength.*

Isaiah 30:15

*Be still, and know that I am God.*

Psalm 46:10

...with fellowship

*Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another...* Hebrews 10:25 NIV

### 2. \_\_\_\_\_ Renews Power

*God richly provides us with everything for our enjoyment!* I Timothy 6:17

*You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.* Psalm 16:11

*Play increases creativity.*

*The opposite of play is \_\_\_\_\_.*

**It is a Christian duty, as you know, for everyone to be as happy as he can.**

C.S. Lewis

Video...

*\*All scriptures from TNIV unless otherwise noted*