

Sermon Notes

Is life supposed to be a race?

“Come unto me all ye that labor and are heavy laden and I will give you rest.”

Addicted to Hurry by Kirk Byron Jones

1. We no longer see clearly.
2. We don't listen carefully.
3. We don't think deep thoughts.
4. We miss out on savoring life fully.

“Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.” -Ferris Bueller

Sin – Harmartia: To miss the mark.

Repent – Metanoia: You were heading in this direction, and you had a change of heart that resulted in changed activities, changed behavior.

Exodus 20:8-10 - ⁸Remember the sabbath day, and keep it holy. ⁹Six days you shall labor and do all your work. ¹⁰But the seventh day is a sabbath to the Lord your God; you shall not do any work.

Sabbath: to cease... to stop working on that day.

Jeremiah 17:21 - ²¹“Thus says the Lord: For the sake of your lives, take care that you do not bear a burden on the sabbath day or bring it in by the gates of Jerusalem.”

Jesus taught us that the Sabbath is the rhythm of our lives.

Matthew 11:28-30 - ²⁸“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

Mark 6:30-32 - ³⁰The apostles gathered around Jesus, and told him all that they had done and taught. ³¹He said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. ³²And they went away in the boat to a deserted place by themselves.

Psalms 46:10 - ¹⁰“Be still, and know that I am God!”

Isaiah 58:11 - ¹¹The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

Things I would like to remember from today's sermon: _____

