

Old School

(Genesis 2:2-3) "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

(Exodus 20:8-11) "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, neither you, nor your son or daughter, nor your manservants or 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."

(Luke 21:34) "Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap."

God's Remedy for Burnout

(Mark 2:27) Then he said to them, "The Sabbath was made for man, not man for the Sabbath."

1. Use the day to _____ my body.

(Psalm 127:2) "in vain you rise early and stay up late, toiling for food to eat - for he grants sleep to those he loves."

2. Use the day to _____ my emotions.

✓ Include time for _____.

(Psalm 23:2,3) "He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul."

(Mark 6:31) "Then, because so many people were coming and going that they did not even have a chance to eat, he said to

them, 'Come with me by yourselves to a quiet place and get some rest.'"

✓ Include time for _____ and _____.

(Proverbs 17:22) "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

✓ Include time for _____.

(Hebrews 10:25) "Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the Day approaching."

3. Use the day to _____ my spirit.

(Psalm 95:6) "Come, let us bow down in worship, let us kneel before the LORD our Maker."

What will I do?

✓ Take charge of your _____.

(Psalm 90:12 LB) "Teach us to number our days and recognize how few they are; help us to spend them as we should."

✓ Relieve pressure with _____.

(Proverbs 21:20) "In the house of the wise are stores of choice food and oil, but a foolish man devours all he has."

✓ Refocus on _____.

(Exodus 33:13-16) "The LORD replied, 'My Presence will go with you, and I will give you rest.'"

(Matthew 11:28,29) "Come to me, all you who are weary and burdened, and I will give you rest...and you will find rest for your souls."

Old School

(Genesis 2:2-3) "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

(Exodus 20:8-11) "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, neither you, nor your son or daughter, nor your manservants or 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."

(Luke 21:34) "Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap."

God's Remedy for Burnout

(Mark 2:27) Then he said to them, "The Sabbath was made for man, not man for the Sabbath."

1. Use the day to **REST** my body.

(Psalm 127:2) "in vain you rise early and stay up late, toiling for food to eat - for he grants sleep to those he loves."

2. Use the day to **RECHARGE** my emotions.

✓ Include time for **QUIETNESS**.

(Psalm 23:2,3) "He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul."

(Mark 6:31) "Then, because so many people were coming and going that they did not even have a chance to eat, he said to

them, 'Come with me by yourselves to a quiet place and get some rest.'"

✓ Include time for **FAMILY** and **FUN**.

(Proverbs 17:22) "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

✓ Include time for **FELLOWSHIP**.

(Hebrews 10:25) "Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the Day approaching."

3. Use the day to **REFOCUS** my spirit.

(Psalm 95:6) "Come, let us bow down in worship, let us kneel before the LORD our Maker."

What will I do?

✓ Take charge of your **SCHEDULE**.

(Psalm 90:12 LB) "Teach us to number our days and recognize how few they are; help us to spend them as we should."

✓ Relieve pressure with **MARGIN**.

(Proverbs 21:20) "In the house of the wise are stores of choice food and oil, but a foolish man devours all he has."

✓ Refocus on **GOD**.

(Exodus 33:13-16) "The LORD replied, 'My Presence will go with you, and I will give you rest.'"

(Matthew 11:28,29) "Come to me, all you who are weary and burdened, and I will give you rest...and you will find rest for your souls."

Fellowship Notes

Old School - Part 4

John Youell, Jr.

June 7, 2009

Old School

(Exodus 13:1-2) "The LORD said to Moses, 'Consecrate to me every firstborn male. The first offspring of every womb among the israelites belongs to me, whether man or animal.'"

(Exodus 13:12-13) "You are to give over to the LORD the first offspring of every womb. All the firstborn males of your livestock belong to the LORD. Redeem with a lamb every firstborn donkey, but if you do not redeem it, break its neck. Redeem every firstborn among your sons."

(Genesis 4:2-5) "Now Abel kept flocks, and Cain worked the soil. in the course of time Cain brought some of the fruits of the soil as an offering to the LORD. But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor."

First Things First

✓ **God MUST BE FIRST**

(Exodus 20:1-3) "And God spoke all these words: "I am the LORD your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me."

(Deuteronomy 6:14-15) "Do not follow other gods, the gods of the people around you; for the LORD your God, who is among you, is a jealous God."

✓ **We put God first by giving Him the FIRST OF EVERYTHING.**

(Leviticus 27:30) "A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the LORD; it is holy to the LORD."

(Deuteronomy 14:38 LB) "The purpose of tithing is to teach you to always put God first place in your life."

Fellowship Notes

Old School - Part 4 - First Things First

...continued

✓ The first has the power to **BLESS THE REST.**

(Proverbs 3:6-10) "In all your ways acknowledge him...Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine."

What will I do?

✓ Do what I **SHOULD DO.**

(Malachi 3:9-10) "Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it."

(1 Corinthians 16:1-2) "Now about the collection for God's people: Do what I told the Galatians churches to do. On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made."

✓ Do what I **COULD DO.**

(2 Corinthians 8:3-4) "They gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service...."

✓ Do what I **WOULD DO.**

(2 Corinthians 9:10-11) "Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God."