# Written in Stone #4 Help! I'm Tired, Worn Out, and Overworked! Exodus 20:8-11

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We live a fast-paced and busy world where overcommitted lives are the norm and work-a-holism is accepted. Our world seems busier than it has ever been. ...more road rage...more after-school activities...more fast food options... more work...more TV channels...more Church activities...more bills to pay... The call for a Sabbath from the Lord Himself is counter-cultural; however, this call for rest is essential to anyone who truly wants to honor the Lord Jesus with their lives. It is all about choosing Him -- pausing just long enough to see His goodness, grace, and provisions. It starts with taking a Sabbath.

### **Busyness Stats**

- Stress levels are going down for Americans in general; but, stress levels are rising among young American adults ages 18-33.
- Millennials:
  - 39% say their stress has increased in the past year; and
  - 52% say stress has kept them up at night in the past month.
- Doctors say more Millennials are diagnosed with depression or anxiety disorders than any other age group.
- 19% of adults ages 18-33 are clinically stressed out to the point of needing medication.
- We are most worried about: work, relationships, money, family, & economy.

## Here's what the Scriptures teach about the Sabbath:

• It is holy.

Exodus 20:8

• The Lord blessed the Sabbath day..

Exodus 20:11; Genesis 2:3

God practiced what He preached.

Exodus 20:11; Luke 4:16

Beware of legalism.

Romans 14:5-6: Colossians 2:16

## Four ideas to insert Sabbath into your life:

- 1. Take a vacation.
- 2. Take a day off every week.
- 3. 15 minutes every week -- sit in a chair and do nothing. Yes: Nothing!
- 4. Count your blessings -- then consider the Source!


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