



CHOOSING TO RELAX

Episode 2 - January 16th & 17th, 2021

Pastor Kevin Fischer

The Lord is my Shepherd, I lack nothing. He **makes me lie down** in green pastures, he leads me beside quiet waters. **Psalm 23:1-2 (NIV)**

Jesus: "Watch out! Always be on your guard against all kinds of greed because **your life is not DEFINED** by how much you make or the things you own."
Luke 12:15

HOW DO I RELAX?

1. **R-remember my value to God.**

For we are God's masterpiece. **Ephesians 2:10 (NLT)**

2. **E-njoy what I already have.**

All of us should...**enjoy** what we have worked for. It is God's gift.
Ecclesiastes 3:13 (TEV)

What I'm trying to do here is to get you to RELAX, to not be so preoccupied with getting so that you can respond to God's giving. **Matthew 6:31 (MSG)**

3. **L-limit my work to six days a week.**

"You have six days in which to do your work, but the **7th day is to be a day of rest** dedicated to me." **Exodus 20:9-10 (TEV)**

4. **A-djust my values.**

What good is it for a man to gain the whole world, yet forfeit his soul?
Mark 8:36 (NIV)

5. **eX-change my restlessness for God's peace.**

Jesus: "Are you tired? Worn out? Burned out? Come to me! Get away with me and you'll recover your life. I'll show you how to **take a real rest**. Walk with me and work with me — watch how I do it. Learn the **unforced rhythms of grace**. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30 (MSG)

Daily Bible Readings

Mon—Psalm 23:1-6//**Tue**—Luke 12:13-21
Wed—Matthew 11:28-30//**Thu**—Psalm 116:1-9
Fri—Isaiah 40:28-31//**Sat/Sun**—Isaiah 40:1-31

Memory Verse:

He makes me lie down in green pastures,
he leads me besides still waters. **Psalm 23:2 (NIV)**

Join us online or in-person next weekend for:

23 & ME, EPISODE 3

Please note our new service times on Sunday:
Sat. at 6:15 p.m. & Sun. at **10:30 a.m.** & **12:15 p.m.**