

Resetting Weekly | The Good Life, Pt. 4

April 27, 2024 / Miami Vineyard Church

Pastor Kevin Fischer ~ April 27th & 28th, 2024

Commandment #4:

Observe the Sabbath and keep it holy. You have six days in which to do your work, but the seventh day is a day of rest dedicated to me. On that day no one is to work. In six days I, the Lord, made the earth, the sky, the seas, and everything in them, but on the seventh day I rested. That is why I, the Lord, blessed the Sabbath and made it holy.

[Exodus 20:8-11](#) (GNT)

Jesus said: "The Sabbath was made to **benefit man.**" [Mark 2:27](#) (NIV)

Do not let anyone judge you...with regard to...a Sabbath day. **Every day alike belongs to God.** [Colossians 2:16](#) (NIV), [Romans 14:5](#) (TLB)

What to do on your Sabbath: Three ways to "recharge"

1. Recharge my .

God wants his loved ones to **get their proper rest.** [Psalm 127:2](#) (TLB)

The Lord is my Shepherd. **He MAKES me lie down** in green pastures. [Psalm 23:1,2](#) (NIV)

2. Recharge my .

• **Include time for quietness**

He leads me beside **quiet** waters, he **restores my soul.** [Psalm 23:3](#) (NIV)

There were so many people coming and going...Jesus said to his disciples, "**Let us go off by ourselves where we will be alone and you can rest for a while.**" [Mark 6:31](#) (GNT)

• **Include time for family**

Enjoy life with the spouse you love. [Ecclesiastes 9:9](#) (MSG)

• **Include time for fun**

Jesus: "The Sabbath was made to serve us." [Mark 2:27](#) (MSG)

3. Recharge my .

Come, let us worship...let us kneel before the Lord our maker, for He is our God. We are the people he watches over, the sheep under his care. [Psalm 95: 6,7](#) (NLT)

For your own notes:

Daily Bible Readings

Monday—[Acts 17:16-34](#)//**Tuesday**—Acts 18

Wednesday—[Acts 19:1-20](#)//**Thursday**—[Acts 19:21-41](#)

Friday—[Acts 20:1-16](#)//**Saturday**—[Acts 20:17-38](#)

Sunday—[Acts 21:1-16](#)

Join us online or in-person next weekend for:

THE GOOD LIFE, Part 5

Weekend Service Times:

Saturday **6:15 p.m.**

Sunday **10:30 a.m. & 12:15 p.m.**