

# “When Are Your Life Intermissions?”

Based on Mark 2:23-28 (NIV)

February 19, 2017

Rev. Roger Madden, preaching

*Mark 2:23-24*

*23 One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain.*

*24 The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"*

† **The Jewish Sabbath is the 24-hour-period from sundown on Friday to sundown on Saturday.**

† **Thousands of laws and rules were developed to help the Jewish people “keep the Sabbath.”**

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† **Sabbath means “intermission”.**

† **An intermission is a break from what is going on.**

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† **The basis for the Sabbath is found in the 10 Commandments (Exodus 20:8-11).**

† **Satan never takes a day off and God did.**

\* **Which is to be my example?**

\* **Whose example am I actually living?**

*Mark 2:27-28*

*27 Then Jesus said to them, "The Sabbath was made for man, not man for the Sabbath.*

*28 So the Son of Man is Lord even of the Sabbath."*

† **The purpose of the Sabbath is to restore and renew our bodies and our spirits.**

† **The Sabbath was made by God for me.**

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† **I am created to rest.**

† **I need to have Sabbath time in my life.**

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† **All life requires a rhythm of work and rest. We often work well but we forget to rest.**

† **Because I do not rest, I miss out on life as God wants it to be for me.**

† **To be healthy in my mind, my spirit, and my life, I must make time for myself.**

**Applying Today's Message to My Life:**

† When have I been too much in a hurry?

† How often is the phrase “hurry up” used?

† When should I have taken time to “listen slowly”?

† When was the last time I took a Sabbath (a life intermission)?

What did I do?

† When can I take a Sabbath, an intermission, this week?