

SERIES: WALKING BY FAITH – *Not Just Sightseeing*

**“On Location In ICELAND”**

*Exodus 20:8-11, Ecclesiastes 3:9-13*

Tony Toth, June 30, 2019

**I. ON LOCATION**

**A.** *Blue Lagoon*

**B.** The Value Of SLOWING DOWN

**II. THE NEED FOR REST**

**A.** Opportunities Of BEING Not Just DOING

**Exodus 20:9-10** “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”

**Ecclesiastes 3:13** “everyone should eat and drink and take pleasure in all his toil—this is God’s gift to man.”

**B.** Remember To STOP

“**sabat**” – to cease; to desist

**Exodus 20:11** “For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

**III. REMEMBERING THE SABBATH**

**A.** Sabbath Means To REST

**Exodus 20:8** “Remember the Sabbath day...”

**Leviticus 23:32** “It is a sabbath of rest for you, and you must deny yourselves.”

**B.** Sabbath Means To RECHARGE

**Exodus 20:8** “Remember...to keep it holy.”

**Ecclesiastes 3:11** “He has made everything beautiful in its time.”

**Exodus 23:12** “Six days you shall do your work, but on the seventh day you shall rest ... may be refreshed.”

**THE NEXT FAITHFUL STEP**

- 1. Too Busy To Slow Down:** Discuss with your family and friends this week what makes it hard for you to slow down? What do you think you miss out on if you slow down?
- 2. Practicing The Sabbath:** How would you rate yourself on keeping the Sabbath Holy? What is one thing that helps you recharge your faith? Set aside time this week to not just “DO” sabbath rest but be a person of God, intentionally “ceasing your work” in order to Enjoy the fruit of your labor.