

Who Needs a Day of Rest?

Exodus 20:8-11

Introduction

- Do you remember the old “Blue Laws?”
- Burnout has become a major problem in America. Maybe you are here this morning feeling burned out already. You had to bring home work from the office just to stay caught up. You know you’ll be as tired when you go into work tomorrow morning, as you were when you came home Friday evening. One of the greatest stress marks on families today is being overworked.
I want to preach tonight on keeping the Sabbath Day. I call the message: “Who Needs A Day Off?”

Discussion

◇ Understanding Sabbath

- Exodus 20:8

◇ Utilizing Sabbath

- Exodus 20:8

Conclusion

- How are you doing? Are you tired? Are your batteries running low? Sabbath was made for you. Why don’t you choose to follow Him?