

EPISODE: 496

TITLE: **Modern Sabbath Rhythms and The Gospel**

Your times of sabbath should be fun, restorative and a “reset” button for your heart and life. If it’s been a while, or you’ve lost the rhythm of rest/work from God’s perspective, you can begin again.

Here are three key things to remember about taking a sabbath:

Head...heart...hands...

1. **Know that you were created to work *from* rest—not rest from work.** The reason we so often live freaked-out, frazzled lives is because we were not designed to sustain the pressures of non-stop work without resting our bodies, minds, and souls.
2. **Believe that Christ has already done all of the most important work on your behalf.** You do not have to work to be your own provision, gain acceptance, or have value in His eyes or in this life. You are His dearly loved child!
3. **Begin to set aside a time each week** to “do no work” that is part of your normal job. Start with a few hours on your day off. Spend time having fun, doing restorative activities. Vegging out in front of the TV or binge-watching a Seinfeld marathon is not a good sabbath rest. Be sure to intentionally spend some time with God alone each week.

He’s waiting to be with you!

By developing the rhythm of rest...work...rest...work you will also be modeling the trust you have in God. First to your family, and also to those watching you and wondering what this “Jesus life” is all about.

Also: If you are interested in being coached by Caesar and his wife Tina in a lifestyle of discipleship and mission, we’d love to tell you more about it... Start experiencing greater spiritual freedom and relational peace today!

More info and your first step >> everydaydisciple.com/coaching

Thanks for listening... we’ll see you in the next episode!

~Caesar