

## **S.O.S. (Saving our Soul)**

"Remember the Sabbath day by keeping it holy. 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, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:8-11 NIV

**Sabbath (def) - to cease**

**The Problem: Overload**

**The Solution: Margin**

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30 (Message)

**Application**

**Slow down**

**Other Interest**

**Solitude**

Recommended Reading: *Margin* by Swenson and *Play Station Nation* by Bruner

Further Study: Matt 12:1-14, Luke 6:1-11, Psalms 37:7 & 46:10

## **Guide to a Quiet Time**

1. PRAY.....

*Spend a couple minutes asking God to reboot your mind and conscience as you read His Words to you. Thank God for another day of life and tell Him that you will live it for Him. Ask that He would give you wisdom, insight and understanding as you study.*

2. READ.... the "Additional passages for study this week"

3. ASK... these Four Questions (Don't forget to *answer* them!)

a. What does this say?

b. Why is this included in the Bible?

c. What should I do about it?

*How do I apply this? Is this a relationship thing, a thought issue, money issue, purity issue, reconciliation issue, work issue, etc.*

d. How can I remember?

*Is there something to memorize or write down on a note card, or ask someone to check with you about and hold you accountable?*

4. PRAY.....

a. through the passage you were in

*For instance if you were reading through Daniel, you could pray that God would give you the courage and conviction that Daniel had when facing opposition.*

b. through your schedule

*Example - people you are going to meet with, things that need to be accomplished, and the decisions that need to be made. If there are temptations in your schedule or celebrations just ask God to go before you that day.*

c. for your relationships

*Pray for family, friends, neighbors, co-workers, and acquaintances. You could also pray for missionaries, leaders in your church and country.*

***Heavenly Father, let the light of your Word shine down into the dark places of my heart. Let the promises of Your Word encourage my soul. Let the truth of Your Word reshape my attitudes, and let the wisdom of Your Word guide my decisions.***