

**OVERWHELM
OVERWHELME
OVERWHELMED
OVERWHELMED**

**WINNING THE WAR
AGAINST WORRY**

Rest Stop

Exodus 20:8-11; Mark 2:22-28

1. **THE SABBATH HONORS GOD** – *(Exodus 20:8-10)*
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.
-

2. **THE SABBATH IS REST NOT RESTRICTION** – *(Mark 2:23-26)*
The Pharisees said to Him, “Look, why are they doing what is unlawful on the Sabbath?”
-

3. **THE SABBATH IS FOR OUR BENEFIT** – *(Mark 2:27)*
Then He said to them, “The Sabbath was made for man, not man for the Sabbath.
-

MARGIN: *The space between our load and our limits.*

- EMOTIONAL HEALTH
- PHYSICAL HEALTH
- FINANCIAL HEALTH
- TIME
- SPIRITUAL HEALTH

Q: How can we create margin in the areas listed above?