

The Good Life: A Simple Life in Christ
A Slower Pace
Exodus 20:8-11; 31:12-17

We are tired people. Workaholism is no longer a symptom but a way of life. It is most unfortunate that we deplore drug and alcohol addicts but somehow promote and admire the work addict. William McNamara, the author of *The Human Adventure*, wrote, "Possibly the greatest malaise in our country today is our neurotic compulsion to work."

_____ is a gift from God.

1. The Sabbath is where we find _____.
2. The Sabbath is where we find _____.
3. The Sabbath is where we find _____.

Rest is not an option. It is a distinguishing mark in the life of a believer. It empowers us for more significant growth. Augustine wrote, "Man was made for God and is restless until he rests in God." Until we enter God's rest, we will never fully enjoy life. Until there is a balance of rest with work, we will never achieve full effectiveness. Until we rest in God, we will never know God's rest.