

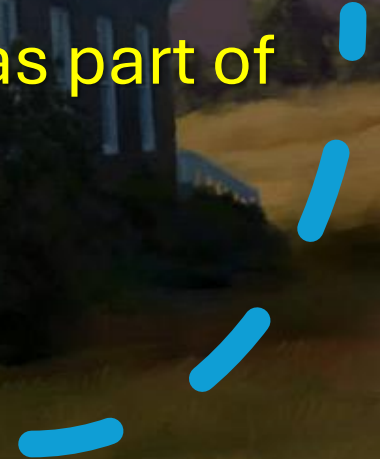
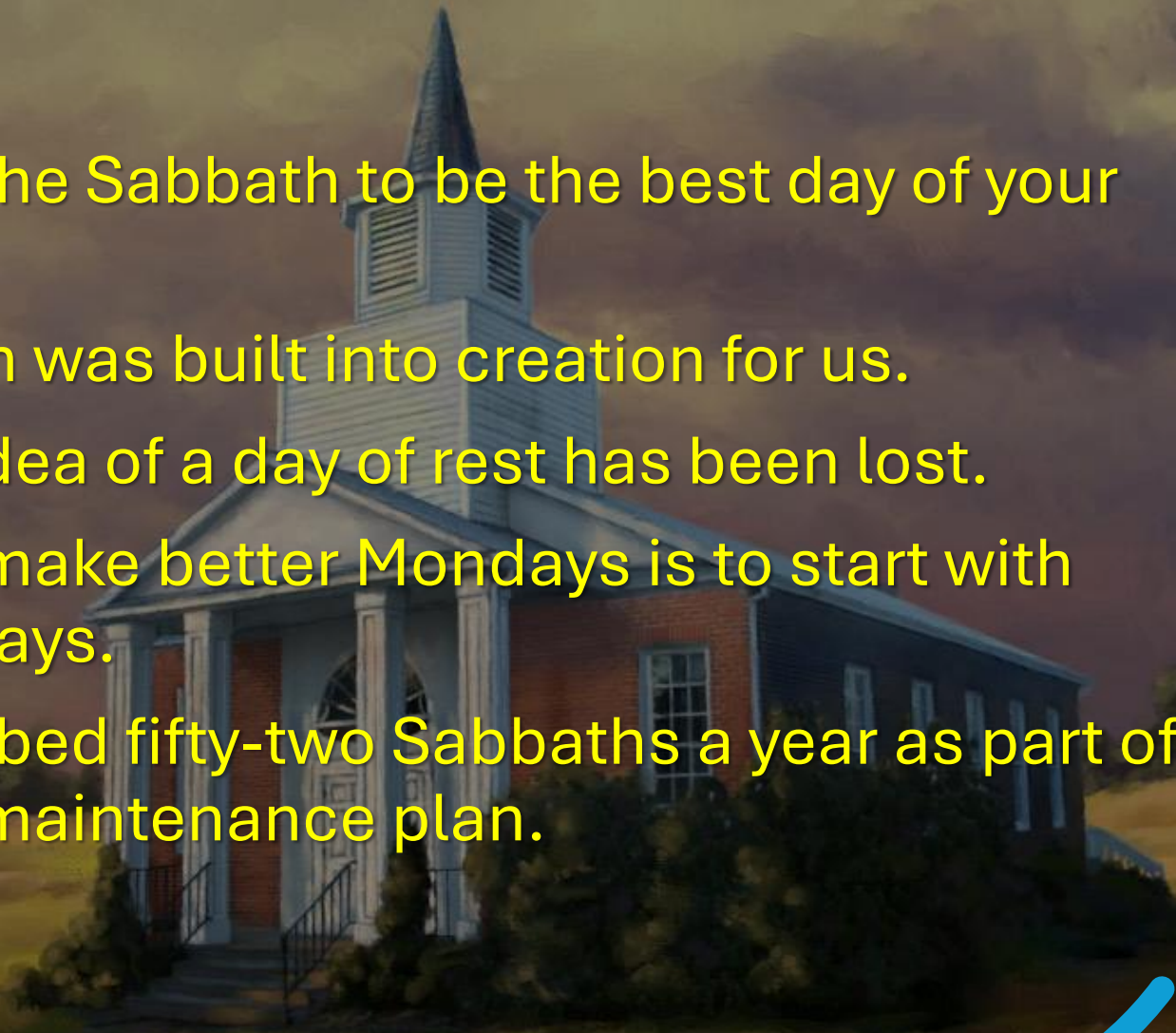


Good Sundays Can Change Your Mondays

Mark 2:27, Isaiah 58:13-14

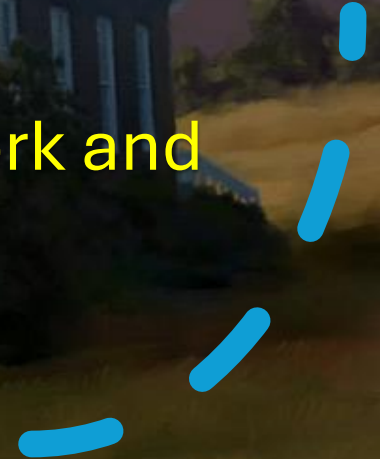
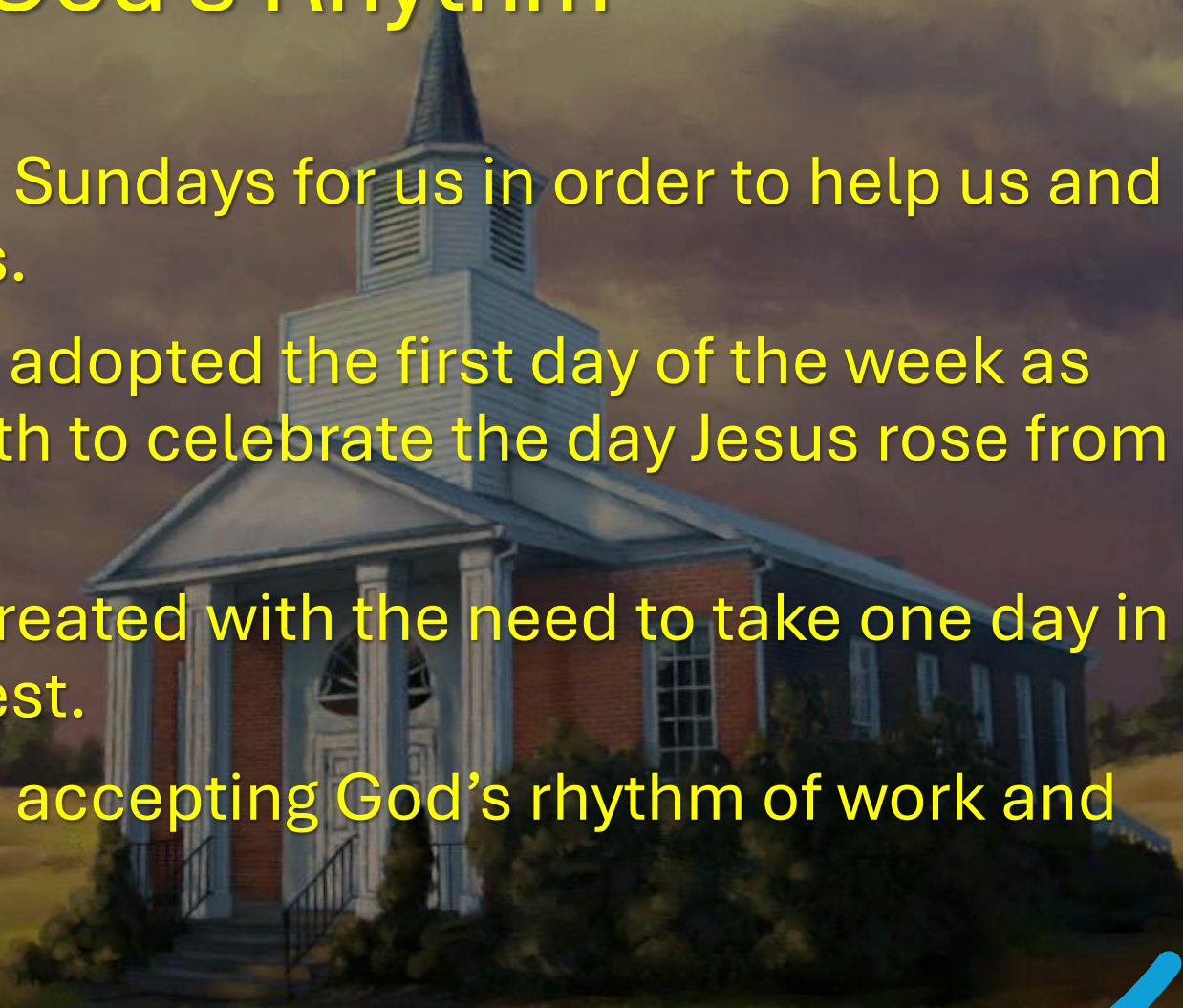
Rest

- God made the Sabbath to be the best day of your week.
- The Sabbath was built into creation for us.
- Today, the idea of a day of rest has been lost.
- The way to make better Mondays is to start with better Sundays.
- God prescribed fifty-two Sabbaths a year as part of our health-maintenance plan.



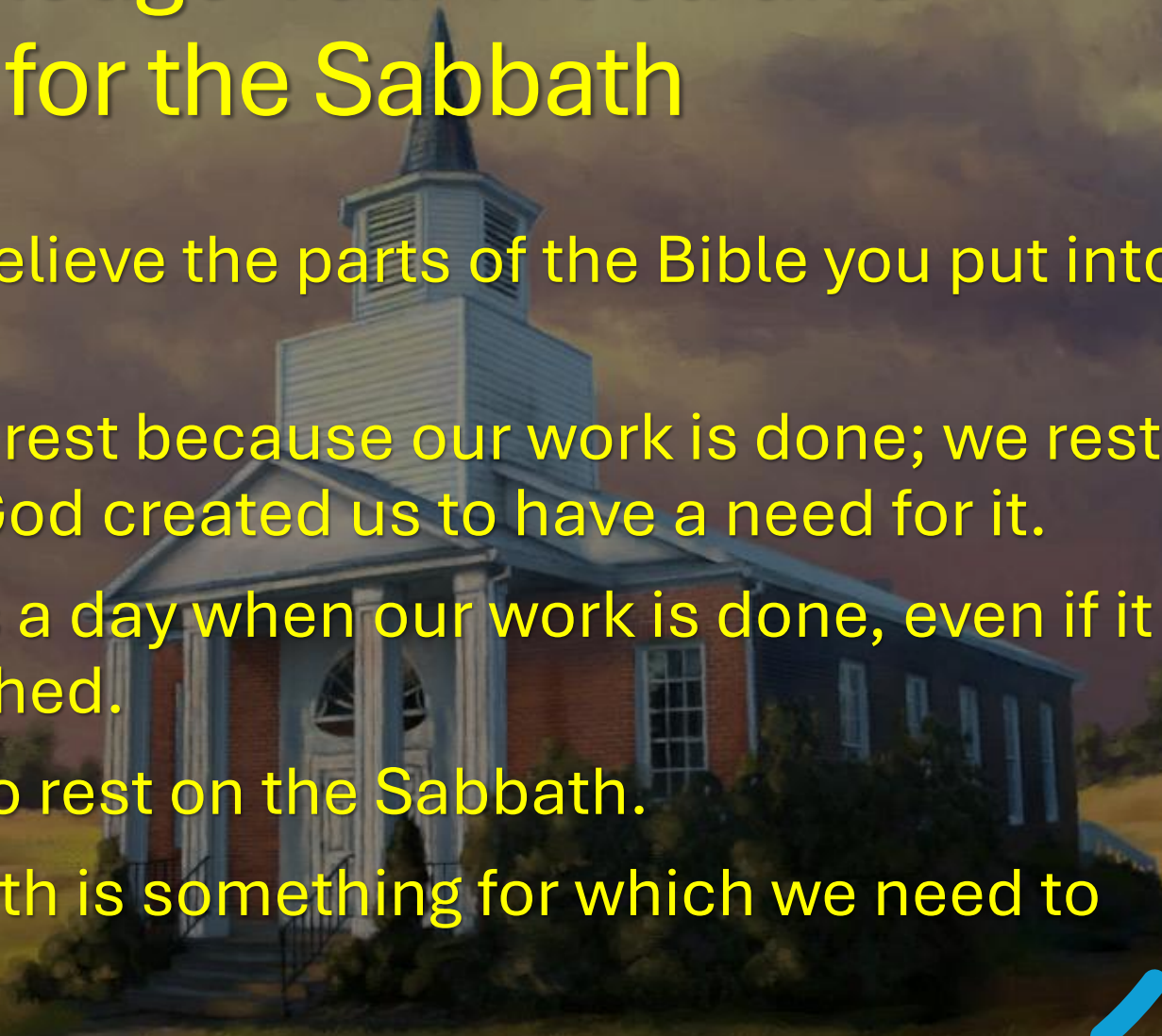
Accept God's Rhythm

- God made Sundays for us in order to help us and to bless us.
- Christians adopted the first day of the week as our Sabbath to celebrate the day Jesus rose from the dead.
- We were created with the need to take one day in seven to rest.
- Wisdom is accepting God's rhythm of work and rest.



Acknowledge Your Need and Prepare for the Sabbath

- You only believe the parts of the Bible you put into practice.
- We do not rest because our work is done; we rest because God created us to have a need for it.
- Sabbath is a day when our work is done, even if it is not finished.
- We need to rest on the Sabbath.
- The Sabbath is something for which we need to plan.



Conclusion

- How to prepare for next Sunday:
 - Make church a priority.
 - Plan to attend.
 - Figure out your advanced plan.
- Observance of the Sabbath and the duties of it should be a comfort and advantage to us.

