

“The Foundation For A Strong Family”#4

God’s Word To Workaholics”-Exodus 20:8-9

## I. THE SABBATH: ANTIDOTE TO BURNOUT

Sabbath means “day of rest”.

## II. WHAT TO DO ON YOUR SABBATH

1. God says use the day to rest my body.
2. God wants me to recharge my emotions
  - A. Include time for quietness.
  - B. Include time for family.
  - C. Include time for fellowship.
3. God wants you to use the Sabbath to refocus your spirit.