

The Weekly Reset

September 19 & 20 | Jacob Knox

THE
HURRY
PROBLEM

Sabbath is God's gift of a _____ rhythm that restores our relationship with Him, others, and ourselves.

Exodus 20:8-10 (NLT)

"Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you."

Colossians 2:15-16 (NLT)

In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross. So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths.

Sabbath is Life-Giving When I:

1 _____ long enough to remember I'm not God.

Exodus 20:8-10 (GNT)

"Observe the Sabbath and keep it holy. You have six days in which to do your work, but the seventh day is a day of rest dedicated to me. On that day no one is to work—neither you, your children, your slaves, your animals, nor the foreigners who live in your country."

Psalms 46:10 (NLT)

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."

Isaiah 40:28 (NLT)

Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding.

How to Stop:

- _____ what is hardest for you to pause.
- _____ a regular time to cease work each week.
- _____ unfinished tasks remain unfinished.

2

_____ renewal over productivity

**Sabbath isn't only about what you stop doing;
it's also about what you make _____ for.**

Mark 2:27 (NLT)

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."

Remember:

**Many people hear Sabbath and think "_____",
but Jesus thought "relationship."**

Isaiah 58:11 (NLT)

The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.

Acts 3:20a (NLT)

Then times of refreshment will come from the presence of the Lord...

How to Be Renewed:

- _____ activities that genuinely refresh you.
- _____ activities that leave you more depleted.
- _____ restoration over entertainment.

3

_____ down enough to enjoy God's gifts.

Isaiah 58:13-14a (NLT)

"Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the LORD's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. Then the LORD will be your delight."

Ecclesiastes 3:12-13 (NLT)

So I concluded there is nothing better than to be happy and enjoy ourselves as long as we can. And people should eat and drink and enjoy the fruits of their labor, for these are gifts from God.

James 1:17 (NLT)

Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.

How to Enjoy God's Gift:

- _____ a meal without rushing.
- _____ intentional time with family and friends.
- _____ and thank God for simple blessings.

4

_____ my life around God's presence.

Psalm 92:1-2 (NLT)

It is good to give thanks to the LORD, to sing praises to the Most High. It is good to proclaim your unfailing love in the morning, your faithfulness in the evening...

John 15:4-5 (ESV)

Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Psalm 63:1 (NLT)

O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.

How Do I Re-Center My Life?

- _____ unhurried time in the Bible.
- _____ without watching the clock.
- _____ with gratitude and reflection.

5

_____ God with what remains unfinished.

Psalm 127:1-2 (NLT)

Unless the LORD builds a house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

Matthew 6:31-33 (NLT)

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Philippians 4:19 (NLT)

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

Do I actually believe God is my provider, or do I believe everything depends on _____?

How Do I Actually Trust God?

- _____ one responsibility to God each Sabbath.
- _____ checking work, emails, and projects.
- _____ trusting God with unfinished tasks.

Challenge: Choose a _____ hour block to Sabbath.

During that time:

- Stop _____.
- _____ something renewing.
- _____ something God has given me.
- _____ some time with God.
- _____ Him with what remains undone.

Remember:

Less Rush. More _____.

Matthew 11:28b (NLT)

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

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How to Stop:

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- E s t a b l i s h a regular time to cease work each week.
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- **S p e n d** intentional time with family and friends.
- **N o t i c e** and thank God for simple blessings.

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- **P r a y** without watching the clock.
- **W o r s h i p** with gratitude and reflection.

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- R e s i s t checking work, emails, and projects.
- P r a c t i c e trusting God with unfinished tasks.

Challenge: Choose a 3 - 6 hour block to Sabbath.

During that time:

- Stop w o r k i n g .
- D o something renewing.
- E n j o y something God has given me.
- S p e n d some time with God.
- T r u s t Him with what remains undone.

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