

PREVENTATIVE

MAINTENANCE

FOR MY *SOUL*

NOVEMBER 25 & 26, 2023

God's Plan for Preventative Maintenance: Celebration

Leviticus 23:1-2 (NIV)

The LORD said to Moses, "Speak to the Israelites and say to them: 'These are my appointed festivals, the appointed festivals of the LORD, which you are to proclaim as sacred assemblies.'"

Psalms 19:7 (CEV)

The Law of the LORD is perfect; it gives us new life. His teachings last forever, and they give wisdom to ordinary people.

HOW TO MAINTAIN MY SOUL:

1

Stop for joy six times more than I stop for sadness.

Leviticus 23:39-41 (NLT)

Remember that this seven-day festival to the LORD—the Festival of Shelters—begins on the fifteenth day of the appointed month, after you have harvested all the produce of the land. The first day and the eighth day of the festival will be days of complete rest. On the first day gather branches from magnificent trees —palm fronds, boughs from leafy trees, and willows that grow by the streams. Then celebrate with joy before the LORD your God for seven days. You must observe this festival to the LORD for seven days every year. This is a permanent law for you, and it must be observed in the appointed month from generation to generation.

Psalms 34:8 (ESV)

Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!

How often do I stop everything to thank God and enjoy what He has given?

2

Celebrate when the work isn't done yet.

Leviticus 23:3 (MSG)

Work six days. The seventh day is a Sabbath, a day of total and complete rest, a sacred assembly. Don't do any work. Wherever you live, it is a Sabbath to GOD.

Genesis 2:2-3 (NET)

By the seventh day God finished the work that he had been doing, and he ceased on the seventh day all the work that he had been doing. God blessed the seventh day and made it holy because on it he ceased all the work that he had been doing in creation.

When is the last time I stopped to appreciate how far I've come, even though I know the work isn't done?

3

Pull away from culture consistently.

Luke 5:15-16 (NIV)

The news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

Psalms 127:2 (NLT)

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.

What routines can I put in place to re-center my mind on God's voice daily, weekly, and periodically throughout the year?

4

Do all I can to assure that others get to rest.

Exodus 20:8-11 (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. For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

Proverbs 11:25 (NIV)

A generous person prospers. Whoever refreshes others will be refreshed.

How am I using my resources to make sure that others are able to enjoy God's good gifts?

Matthew 6:6 (MSG)

Here's what I want you to do: Find a quiet and secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

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