

GRANNY GEAR
Gearing Down Series ,Part 1
March 3, 2019

Rest is an activity that must be _____
and _____

“¹Thus the heavens and the earth were completed in all their vast array. ²By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.” Genesis 2:1-3

“God saw all that he had made, and it was very good. And there was evening, and there was morning - the sixth day.” Genesis 1:31

1. Gearing down _____

“⁸Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” Exodus 20:9-11

“Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed.” Exodus 23:12

2. Gearing down _____

“Then God blessed the seventh day and made it holy...”
Genesis 2:3a

3. Gearing down _____

“²⁴We should keep on encouraging each other to be thoughtful and to do helpful things. ²⁵Some people have gotten out of the habit of meeting for worship, but we must not do that. We should keep on encouraging each other, especially since you know that the day of the Lord’s coming is getting closer.” Hebrews 10:24-25

Extra notes...

NEXT WEEK...
“Frazzled”



Stress is the #1 cause of health problems – mentally and physically. And there are few things that stress us out on a consistent basis like work does, especially when it takes away from all of the other things that life has to offer. This message will show us the areas of our life we need to address in order to experience rest from the stress.

Weekly
Financial Report
Feb 18 - 24, 2019

Tithes & Offerings: \$10,464

Weekly Budget: \$15,719