

## **Take Four!**

**Purpose:** Understand the importance of making time for God and self.

**Scripture:** Exodus 20: 8

Remember the Sabbath day, to keep it holy.

**Additional Scripture(s):**

### **Exodus 18:18**

Thou wilt surely \_\_\_\_\_ away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone.

### **Hebrews 4:3-4**

For we which have believed do enter into \_\_\_\_\_, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. For he spake in a certain place of the seventh day on this wise, And \_\_\_\_\_ did rest the seventh day from all his works.

### **Hebrews 4:9**

There remaineth therefore a \_\_\_\_\_ to the people of God.

### **Mark 6:31**

And he said unto them, Come \_\_\_\_\_ yourselves apart into a desert place, and \_\_\_\_\_ a while: for there were many coming and going, and they had no leisure so much as to eat.

### **1 Samuel 15:25**

Now therefore, I pray thee, pardon my sin, and turn again with me, that I may \_\_\_\_\_ the LORD.

### **2 Kings 17:36**

But the LORD, who \_\_\_\_\_ you up out of the land of Egypt with great power and a stretched out arm, him shall ye fear, and him shall ye \_\_\_\_\_, and to him shall ye do sacrifice.

**John 4:20-24**

Our fathers \_\_\_\_\_ in this mountain; and ye say, that in Jerusalem is the place where men ought to worship. Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father. Ye worship ye know not what: we know what we worship: for salvation is of the Jews. But the hour cometh, and now is, when the \_\_\_\_\_ worshippers shall worship the Father in \_\_\_\_\_ and in \_\_\_\_\_: for the Father seeketh such to \_\_\_\_\_ him. God is a Spirit: and they that worship him must worship him in spirit and in truth.

**John 9:31**

Now we know that God heareth not sinners: but if any man be a \_\_\_\_\_ of God, and doeth his will, him he heareth.



## **Take Away**

Remembering to keep the Sabbath holy is important because

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Prayer:

Father I thank you for the truth of your word, the good news. I know I have a job to do and my desire is to be the best Godly leader I can be. But thank you for reminding me that I need to take time for You. I need to devote and set time aside. Thank you for helping me understand the importance of resting and taking care of myself physically, spiritually, and emotionally. As a leader I give and give so I need time to refuel myself. Thank you for your help, In Jesus Name I pray, Amen.

## **Take Four Reflection**

1.) What are some things you do to recharge your

- Spiritual Batteries
  
- Emotional Batteries
  
- Physical Batteries

2.) How would you describe success?