



AMERICAN SINS

IN ME WE TRUST

BUSY, BUSY, BUSY.

"I'm late, I'm late for a very important date.

No time to say hello, good-bye, I'm late, I'm late, I'm late!"

Whether you're an "Alice in Wonderland" fan or not, we all know the White Rabbit, coattails flying in the wind, watch out in front of him, completely overwhelmed with the to-do list of the day - no time to even say hello or goodbye, he's late, he's late, he's late!

Can you relate?

Our culture pushes us to be White Rabbits - proud of our crammed schedules and rewarded for our lack of down time.

But is busyness something to wear like a badge of honor? Even God Himself rested. We should probably follow suit.

IN THE BIBLE.

Genesis 2:2

By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done.

Deuteronomy 5:12

'Observe the sabbath day to keep it holy, as the LORD your God commanded you. 'Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God;

Matthew 12:1-8

At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. 2 But when the Pharisees saw it, they said to him, "Look, your disciples are doing what is not lawful to do on the Sabbath." 3 He said to them, "Have you not read what David did when he was hungry, and those who were with him: 4 how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? 5 Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? 6 I tell you, something greater than the temple is here. 7 And if you had known what this means, 'I desire mercy, and not sacrifice,' you would not have condemned the guiltless. 8 For the Son of Man is lord of the Sabbath."

QUESTIONS.

- 1.) Do you think you are too busy? Why or why not?
- 2.) What does it mean to keep the Sabbath "holy"?
- 3.) Why do you think God wants us to Sabbath?
- 4.) What can you do to start finding a healthy balance of working and resting?

Whenever you read the Bible, ask yourself these three questions:

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?