



**IT'S ABOUT TIME | TEXT: JEREMIAH 17:7-8 | THRIVE SERIES PART 2  
SEAN BOYD | 01-10-21**

Jeremiah 17:7-8

Genesis 2:1-4, Exodus 20:8-10, Mark 2:27-28

### **The Sabbath becomes three things to us:**

1. A \_\_\_\_\_ for recreating.
2. A \_\_\_\_\_ of relief.
3. An opportunity to \_\_\_\_\_.



### **Resource:**

The Practice Of Sabbath Rest  
(Walk This Way Series, Part 2)  
[www.hopecitych.com](http://www.hopecitych.com)

Psalms 62:1-2

### **1. Plan your time with \_\_\_\_\_.**

Proverbs 21:5

**2. Invite God into both your \_\_\_\_\_ and your \_\_\_\_\_.**

Psalms 37:5

**3. Remember that you are \_\_\_\_\_ what you spend the most time  
\_\_\_\_\_ in.**

Ephesians 5:15-17

*"How we spend our days is, of course, how we spend our lives. What we do with this hour, and that one, is what we are doing. A schedule defends from chaos and whim. It is a net for catching days." – Annie Dillard*

**4. End each day with \_\_\_\_\_ and \_\_\_\_\_.**

Psalms 90:12

### **This Week (our challenge):**

1. I will practice Sabbath.
2. I will say no to something to give room for something better.
3. I will say yes to something I have been avoiding.
4. I will schedule time with God in my daily routine.

### **My Response:**