



I LOVE SUNDAYS - Part 2 of 5 **Good Sundays Make Better Mondays** *January 10, 2016*

“If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.’ For the mouth of the Lord has spoken.” --Isaiah 58:13-14

“Then He said to them, ‘The Sabbath was made for man, not man for the Sabbath.’” --Mark 2:27

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” --Joshua 1:8

MAKE A CONSCIOUS DECISION TO...

1. HONOR GOD’S RHYTHM FOR YOUR LIFE.

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but 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.” --Exodus 20:8-10

“Observe the Sabbath by keeping it holy, as the Lord your God has commanded you.” --Deuteronomy 5:12

2. PREPARE FOR SUNDAY AS IF IT’S THE HIGHLIGHT OF YOUR WEEK.

“I rejoiced with those who said to me, “Let us go to the house of the Lord.” --Psalm 122:1