

BUSY-NESS REST SABBATH

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LYRICS

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Exodus 20: 19-20. **“I am the LORD your God: Walk in My statutes, keep My judgments, and DO them; hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the LORD your God.”**”

1

Busy-ness is NOT a badge of honor – to give pride.
 Busy-ness might say, “YES, You're doing well with Time”... But too often BUSY-NESS means you have OVER-booked your Life with too many things to give you peace, stealing Time from quietness.

Too busy to Rest with God which He commanded on HIS one day each week.

2

Quiet-ness is NOT a sign of “Lazy” or “Time Waste.”
 God tells us “BE STILL.” Psalm 46: Verse 10. Take time often to focus on your CREATOR and praise Him. To pray isn't always talking. Silence is for listening.

Set aside Rest Time with God ... which He commanded on **HIS** one day each week.

PART 2 – a rhythm section

1 + 2 + 1 + 2 + 1 + 2 + 1 + 2 +

3a God gave you this Gift of Rest ___

3b Rest one day each week. ___

3c Chap- ter Twen- ty, Ex- o- dus: ___

3c God de- fined His ___ Sab- bath Rest. ___

4a God de- mands we Hon- or it: ___

4b REST from BUS- Y- NESS. ___

4c Just one day from each sev- en: ___

4c No LOG- IC fight- ing ___ God's ___ REST. ___

1 + 2 + 1 + 2 + 1 + 2 + 1 + 2 +