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sermon outline

On Demand | The Priority of Pausing

Pastor Craig Meyer | Hebrews 4:1-12

On Demand

- The Priority of You
- The Priority of Together

The Priority of Pausing – Hebrews 4:1-12

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- The back story: Hebrews 3:7 – 4:8
- So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. 12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. – Hebrews 4:9-12 (ESV)
- The word “sabbath” simply means rest. Hitting the pause button.
- Hurry sickness

“A behavior pattern characterized by continual rushing and anxiousness; an overwhelming and continual sense of urgency.” – Psychology Today

“A malaise in which a person feels chronically short of time, and so tends to perform every task faster and to get flustered when encountering any kind of delay.” – Psychology Today
- Take time to pause, call a time out.



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Prioritizing the Pause

- Time with Jesus
Remember the Sabbath day and keep it holy” - Exodus 20:8 (ESV)
Anyone can “rest”, even non- Christians. What makes the Christians rest holy is spending it with Jesus.
- Make the right choices and right decisions
“Seek first the kingdom of God and his righteousness. and all these things will be added to you” – Matthew 6:33 (ESV)
Making right choices and right decisions. As you grow in Jesus Christ, you become able to answer the question, “who and what are most important?”
- Discern what is best
Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. – Hebrews 4:11 (ESV)
You will never get it all done. Spend the vast majority of your time and energy on that which is most important.
- Live in rhythm
For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” – Hebrews 4:4 (ESV)

The rhythm of God was first noticed in creation. God created but he didn’t get it all done the first day, he rested. The second day he created some more, but then he rested. And then the seventh day He rested completely. God has a rhythm.