

# Making The Most Of Your Time

## Rhythms of Rest

### Key Scripture

Ephesians 5:15-16 NASB

15 Therefore be careful how you walk, not as unwise men, but as wise,  
16 **making the most of your time**, because the days are evil.

### Missing the point of the Sabbath

Mark 3:1-6 NKJV

1 And He entered the synagogue again, and a man was there who had a withered hand.  
2 So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. 3 And He said to the man who had the withered hand, **"Step forward."** 4 Then He said to them, **"Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?"** But they kept silent. 5 And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, **"Stretch out your hand."** And he stretched it out, and his hand was restored as whole as the other. 6 Then the Pharisees went out and immediately plotted with the Herodians against Him, how they might destroy Him.

### Lies that will destroy your rest

✓ **"Taking a break is overrated"**

Ecclesiastes 10:10 CEV

**If you don't sharpen your ax, it will be harder to use;**  
if you are smart, you'll know what to do.

✓ **"You don't need 8 hours of sleep"**

Psalm 127:2 ERV

It is a waste of time to get up early and stay up late, trying to make a living.

**The Lord provides for those He loves, even while they are sleeping.**

✓ **"Keeping the Sabbath is not for New Testament Believers"**

Exodus 5:4 NLT & 9 NCV

4 **Get back to work!**

9 **Make these people work harder and keep them busy;**  
then they will not have time to listen to the lies of Moses."

Mark 2:27-28 NKJV

27 And He said to them, **"The Sabbath was made for man**, and not man for the Sabbath. 28 Therefore the Son of Man is also Lord of the Sabbath."

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### Developing Rhythms of Rest

#### 1. Take a break.

Mark 6:30-31 Message

30 The apostles then rendezvoused with Jesus and reported on all that they had done and taught. 31 Jesus said, **"Come off by yourselves; let's take a break and get a little rest."** For there was constant coming and going. They didn't even have time to eat.

✓ **Quantity of Time**

✓ **Quality of Actions**

#### 2. Get sufficient sleep.

Mark 4:38-39 CEV

38 **Jesus was in the back of the boat with His head on a pillow, and He was asleep.** His disciples woke him and said, "Teacher, don't you care that we're about to drown?"

39 Jesus got up and ordered the wind and the waves to be quiet.

The wind stopped, and everything was calm.

✓ **Set a bedtime.**

✓ **Stop working at least an hour before bedtime.**

✓ **Avoid eating or drinking anything that will keep you up.**

✓ **Make your bedroom as dark as possible.**

✓ **Keep your bedroom cooler than the rest of your house.**

#### 3. Live like the Sabbath was made for you.

Hebrews 4:10-11 NLT

10 For all who have entered into God's rest have rested from their labors, just as God did after creating the world. 11 So **let us do our best to enter that rest.**

But if we disobey God, as the people of Israel did, we will fall.

Matthew 11:28-30 NKJV

28 **Come to Me, all you who labor and are heavy laden, and I will give you rest.**  
29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light."

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