

HOW TO #1:

HOW TO GET GOOD REST

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1. Rediscover Sunday...The Original Day of Rest *(Exodus 20:8-11)*

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Exodus 20:8 "Remember the Sabbath day, to keep it holy.

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9 Six days you shall labor, and do all your work,

10 but the seventh day is a Sabbath to
the LORD your God. On it you shall not do any
work, you, or your son, or your daughter, your
male servant, or your female servant, or your
livestock, or the sojourner who is within your
gates.

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11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

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2. Accept that You Can't Do It All and Have It All (It's Okay to Occasionally Say "No")

(Exodus 18:13-24; Mark 6:30-31)

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Exodus 18:13 The next day Moses sat to judge the people, and the people stood around Moses from morning till evening.

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14 When Moses' father-in-law saw all that he was doing for the people, he said, “What is this that you are doing for the people? Why do you sit alone, and all the people stand around you from morning till evening?”

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15 And Moses said to his father-in-law, “Because the people come to me to inquire of God;

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16 when they have a dispute,
they come to me and I decide
between one person and
another, and I make them know
the statutes of God and his
laws.”

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17 Moses' father-in-law said to him,
"What you are doing is not good.

18 You and the people with you will
certainly wear yourselves out, for the
thing is too heavy for you. You are not
able to do it alone.

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19 Now obey my voice; I will give you advice,
and God be with you! You shall represent the
people before God and bring their cases to God,

20 and you shall warn them about the statutes
and the laws, and make them know the way in
which they must walk and what they must do.

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21 Moreover, look for able men from all the people, men who fear God, who are trustworthy and hate a bribe, and place such men over the people as chiefs of thousands, of hundreds, of fifties, and of tens.

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22 And let them judge the people at all times. Every great matter they shall bring to you, but any small matter they shall decide themselves. So it will be easier for you, and they will bear the burden with you.

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23 If you do this, God will direct you, you will be able to endure, and all this people also will go to their place in peace.”

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24 So Moses listened to the voice of his father-in-law and did all that he had said.

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Mark 6:30 The apostles returned to Jesus and told him all that they had done and taught.

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31 And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.

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3. Don't Live a Clickbait Life – Live a Godly Peaceful One Instead

(1 Thessalonians 4:11-12; Isaiah 26:3)

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1 Thess. 4:11 and to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you,

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12 so that you may walk properly before outsiders and be dependent on no one.

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Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you.


BASICALLY, IT'S A TEN-STEP PROGRAM....
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