



# SUN GROVE CHURCH

## RECLAIMING YOUR SANITY

(Luke 2:41-51)

- o The story we tell ourselves about time is the overriding narrative of our day to day lives.
- o What if what we needed was not more time like we think?
- o Jesus' first recorded words are about the necessity he felt to be in his Father's house.

### Prioritize Our Relationship with God

- o Prioritize the Personal Relationship of You & God.
- o Prioritize the Public Relationship of Us & God.

### Prioritize Regular REST in God

- o God has given us a Rhythm of Healthy Living.
- o Making room for rest is about so much more than just not being exhausted.
- o There's much of what it means to know God that I just can't do when my life is so full of striving.
- o The Fourth Command is Key Fulcrum in 10 Commandments.

Without a sabbath we don't experience God fully, and we falter in our experiences with others!

If we are going to allow God to close the gap between the person we are, and the person that we desire to be, we must prioritize sabbath.