

TAKE A TIMEOUT

Blueprint – Part 4

July 13, 2025

Jerry Clonch

I. THE BASIS FOR TAKING A TIMEOUT

“So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.”

Genesis 2:1-3 (NLT)

II. THE COMMAND TO TAKE A TIMEOUT

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.... For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”

Exodus 20:8-11 (NLT)

Four Key Terms

SABBATH To Cease, To Stop, To Rest

HOLY Different, Set Apart, Unlike Anything Else

LABOR Our Regular Work And Daily Duties

DEDICATED TO THE LORD Set Apart For Or To God

III. THE REASON BEHIND THE COMMAND TO TAKE A TIMEOUT

God Cares About Us

IV. THE WAY TO TAKE A TIMEOUT

A. Reserve A Day

B. Rest

C. Renew

“The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

Mark 2:27 (NLT)

D. Reconnect With God

“On the first day of the week [Sunday], we gathered with the local believers to share in the Lord’s Supper. Paul was preaching....”

Acts 20:7 (NLT)