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### GOOD MORNING/INVOCATION – BS/HS

BS: This is the day the Lord has made. We will rejoice and be glad in it.

HS: And welcome church family. I want to encourage you today if you are carrying something that feels too heavy for you to carry, I want to encourage you to take one little step at a time in faith, and in time, God's goodness will break through in your life. Take heart this morning. God is good.

Would you turn around and shake the hand of the person next to you and say God loves you and so do I.

BS: Yesterday was Hannah's birthday. (ORGAN PLAYS – CONGREGATION SINGS HAPPY BIRTHDAY)

HS: Thank you so much.

BS: That's pretty awesome.

HS: I feel honored. Very honored.

BS: Let's pray: Father, thank you so much. Lord, everything good comes from you. Lord, some of us come today needing healing, some hope, some forgiveness, some a new day. Lord, you offer all those things to us and we receive them, in Jesus' name, amen.

HS: Amen.

### SCRIPTURE – Exodus 20:8-11 - HS

You may be seated. In preparation for Bobby's message, the words of our Lord found in Exodus: Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the Lord your God. On it, you shall not do any work. Neither you nor your son or daughter, nor your male or female servants, nor your animals, nor any foreigners residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. We as God's sons and daughters, remember to spend one day a week to rest in his goodness and realign our lives with being his beloved children. Amen.

### Interview Bobby Schuller (BS) with Earl Larmar (EL)

BS: Well today I have such a privilege to interview someone who's become a dear friend. The chairman of the board for our Australian office, Earl Larmar is with us today. Earl is here because we just finished a gathering of international leaders for our various offices around the world. And Earl made it a priority to be here with us today with his lovely wife Margaret, who's also been with us. And Earl has such a compelling story of how the Hour of Power touched his life, especially a guy you might know, Norman Vincent Peale and the impact he had on his life, as well. And I said, Earl, let's tell that story to the world. So would you please welcome with me the chairman of our board, Earl Larmar. So we've known each other for awhile, but you discovered the Hour of Power in a pretty difficult time in your life.

EL: I did. I had a difficult first marriage, which I won't go into, but I have been watching the Hour of Power for nearly 40 years in Australia. And at the beginning, it was beamed at 8:00 in the morning of Sunday morning, so it was very easy and congenial to watch. But it's just been a real blessing to me. And this guy's grandfather was just a wonderful man. But he learned so much of what he learned from a person who's had the most influence on my life, quite frankly, and that is Norman Vincent Peale. Norman was still on the speaking circuit in his late 80's, early 90's, which is quite remarkable. Just shows you don't have to retire at an early age. And he had such an articulate manner with his expressions of English and his phraseology and I just loved listening to him. And I heard him many times at the Crystal Cathedral. And he was a wonderful man and I learned so much from him.

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And two of the big attributes which I related to you that I learned from Norman Vincent Peale and he said that we should all aspire to have these attributes. And one is outgoingness. A capacity to speak to other people, generate love and energy wherever you are. Meet new people. And so outgoingness was something that he said was something that one should try to attain so that you could perform better in life and have a more successful and enjoyable life.

But the second one and more importantly is enthusiasm. If someone's enthusiastic, it just makes all the difference and I understand that enthusiasm is literally God within. And he always was an enthusiastic person. I can still see him at the Crystal Cathedral with his gestures of hands and his glowing eyes; only a small man but a great man of stature. And of course he formed the Marble Collegiate Church in New York, and if you go to New York you go past that if you still go on a tour of the bus. So Norman Vincent Peale, as I say, was a wonderful inspiration to me and also an inspiration to your grandfather.

BS: That's right. He had such a huge impact on this church. My grandpa tried to take that same thing. And you've applied those principles to your own life which have helped you tremendously in business and other areas, as well.

EL: I have. Well I'm, as I've said in the earlier service, I'm an accountant or a CPA by profession. But accountants usually are pretty boring individuals and I've tried to do accounting in a slightly different way, and 35 years ago I encouraged my then partnership to buy their own building and then I eventually bought the building with a group of clients. And then after having done that, I removed myself from the partnership, sold the building and that became the catalyst for an ongoing acquisition and style of many commercial buildings, which have proved very successful and put a lot of money into my pocket and the pockets of my clients.

BS: Yes.

EL: Yes.

BS: And then you've been able to be helpful and generous to many of the ministries that you care about, but at the heart of this is this positive attitude that you learned, this enthusiasm and outgoingness. And as I was hearing your story earlier, when you were kind of going through a really rough time in your life, and went through just a really difficult divorce. It's hard to feel outgoing and enthusiastic when you feel you're in a bad place in your life. And what do you say to people who feel like well, Earl I'm just like in a really difficult time right now. How can I be outgoing and enthusiastic?

EL: The most single most important thing that I acquired from watching the Hour of Power over many years is that there's always hope for tomorrow.

BS: That's right.

EL: And the sun will come up tomorrow. But that was the important thing. And I went on the tour of the Holy Land under the.. also some of the Hour of Power back in 1999 and met for the first time this young man. He wouldn't remember me back there because he was only 18. But my wife and I who were on that tour, and this is before I had met my wife, my second wife.

BS: A kiwi.

EL: A kiwi. And she should be the ambassador for New Zealand, let me tell you.

BS: Let me translate. A kiwi means you're from New Zealand.

EL: And she's the most beautiful person. And we had this intersection when we were leaving the Holy Land and I helped her with her bags and then she sat on the seat next to me on a bus going to Cairo and the rest is history. That was about 17 years ago.

But Margaret's just been a wonderful inspiration in my life. She's a beautiful Catholic and she's just about, you know she's working on me because I've been a Protestant all my life. But I go to many masses with her. In fact we attended the mass yesterday afternoon at the Crystal Cathedral, at Christ Cathedral. And so we went up there just to reminisce and to reflect because that was a beautiful auditorium and something that this guy's grandfather created and I used to.. I remember the first time I attended there, it was just.. I was in awe of just how beautiful it was and it's still beautiful.

But what I see in this guy is a capacity to build this ministry in the future and this auditorium here is just a stepping stone, I believe to much greater things that God's going to do in the future for the Hour of Power.

BS: Amen. I believe in that. And you're giving us hope, so thank you, Earl, and we appreciate you.

EL: Well I'm glad to. God's been so good to me and mentioning Norman Vincent Peale, I've read all of his books and The Power of Positive Thinking, of course, is the pinnacle of them all. But one of the things he said in that is that any person with God at the center of his life.

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If you believe in something, and this is your grandfather; if you believe it, you'll see it happen. And you create energy as you are enthusiastic about all that you're doing. And that energy can light up a room. And so it's just been a wonderful experience, as I say, nearly 40 years and still going strong, and hopefully God's got many years ahead of me and certainly ahead of you. You're at the start of your life.

BS: Well Earl, we appreciate you and thank you so much for all you do and all the ways you've helped our ministry in Australia. And we know great days are ahead. And whoever you are, we want you to know whatever you're going through, God has hope for your life. Never give up on a dream that God has for you. Be enthusiastic, be outgoing, be positive, and watch how things change in your life.

Earl, thank you so much for all you do.

EL: It's been great.

BS: We love you and appreciate you.

EL: Great to be here. Thank you.

### WELCOME/COME VISIT – BS

To all of you watching on television, tonight or this morning, whenever you're watching, we want to say thank you for joining us. And even though you're watching through TV, we believe you're a part of this church. You're gathering with us and we want you to know God loves you. We do, too.

If you're ever near Shepherd's Grove, we want you to come and worship with us. I'd love to meet you. The people here are amazing and we just have one rule here at Shepherd's Grove: just be a nice person. Other than that, maybe you're not religious, maybe you don't know much about God or Jesus, and we would love to teach you those things, but you don't have to get it all right when you come here. Just come as you are in your family car.

### DECLARATION – BS

Friends, would you hold your hands out like this as a sign of receiving, and we're going to say the confession together: I'm not what I do, I'm not what I have, I'm not what people say about me. I am the beloved of God. It's who I am. No one can take it from me. I don't have to worry, I don't have to hurry, I can trust my friend Jesus and share his love with the world.

Thanks, you can be seated.

### MESSAGE/PRAYER – BOBBY SCHULLER "Rest and Fun"

Well today, I have a joy to talk about something I'm incredibly passionate about. Something I've devoted my entire life to, and that is Sabbath. Today I get to prove to you that God believes you are worthy of dignity and joy, and that you are not a pack animal, and that your life is not just about work, but that your life should be full of joy and flavor and everything good that comes from heaven. So today we're going to talk about Sabbath. And it's particularly good in the west and especially in a place like America because we are not a Sabbathing people. It is well outside of what makes us comfortable. But before we get to that, I just want to say something just crystal clear to you: you are not what you do. You are not what you have done. This is so important. We say it every week. It is the heart of the gospel. In doctoral words we say not by works, but here I like to use fresh language – you're not what you do. And what you do matters! And until we let go that our identity is rooted in what we do, we won't have the maximum amount of power that we could have to do great things for God. And can I just say you are going to do great things for God. You are already doing great things for God, but you're going to do even more. I believe in every single person that's listening to my voice. I have seen that we serve a God who takes the least likely people in the world to do some of the most amazing things, and God's going to do that through you, but you have to live his way to get his power. You have to live his way to get his power. And one of the things he teaches us to do is to rest. Can I just say for a minute you can just relax. Everybody take a deep breath right now. Just (BREATHES) oh yes, that feels good. Feel that pew supporting you. Let your shoulders drop. Lighten your face. Just relax. Did you know you only need six breaths a minute to live? Six deep breaths. (BREATHES) That feels good. Something about a deep breath does something good to the soul. You only need six breaths a minute. The average person breathes 12 breaths a minute, but the average American breathes 18 breaths a minute. That means we're like (BREATHING HEAVY) Right? What is going on!?

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I want to encourage you today to rest, relax, and I want you to know – hear me. You do enough. Can you embrace that? That word from God? You do enough. You are enough. God is pleased with you and he's proud of you. You're not what you've done, you're not your trophies, you are beloved sons and daughters of God, and you will do great things for him, but you already do enough. Some of you work way too hard and we're going to learn today what it means to recapture the joy of rest and fun that is most commonly found in the rhythm of Sabbath. There was a hospice nurse a few years back that wrote an amazing, I think it was a blog first, then it became a book, but it was about the greatest regrets of the dying. She spent several years hearing from people, and some of those people were grateful, they were surrounded by friends and family, and they sort of went through that transition in life with some sadness but still a peace and sometimes even a joy. But many of the people were there in that place with deep regrets, all alone. She decided that it was our job to learn from the regrets of the dying. So I have the top five list. Do you want to hear what they are? Well number six, I think was I didn't eat enough In-n-Out. So I am not going to have.. I will not have that regret. But number five is, and these are real. And number five is I should have spoken my mind instead of holding back and resenting things. Number four, the dying said I should have said I love you a lot more. Number three, the regrets of the dying: I should have made more time for my friends. Friends are so important, aren't they? Number two: I worked way too much and never made time for my family. And finally, number one, I never pursued my dreams and my aspirations. I want you to know that whoever you are, this will not be your list. You will not only perceive your dreams and aspirations, you're going to fulfill them. You're not going to neglect your friends and your family. You're going to remember the value that they have in your life. You're going to live a rich and full life, and I guarantee you, if you live in Southern California, you will eat enough In-n-Out. That's a promise. I want you to know that you will do great things for God if you can just learn to let go. Move from this life of a closed fist, having to control everything, to opening up your soul to the good things that come from God and that happens through a rhythm of Sabbath, I believe. A rhythm of rest, time with your family, a time to gather with others for worship, and a time to realign your identity with the truth. You're loved by God just as you are and not as you should be. You're not alone, you know. Whatever you're going through, God's with you. He's on your side. He's for you and he's with you. Many of us, our identity is completely rooted in what we do, especially in a big city like Los Angeles, all you see are people always, constantly trying to prove themselves to be more attractive, to be in better shape, to have great trophies, to be hugely successful. And none of these are bad things. In fact they're good things. But when they become the heart of our identity, we find ourselves, very often, on a roller coaster. You're up here. You're at your high. You're healthy. You're doing well at your job. Your relationships are going great. But then all of a sudden some of those things change. Maybe you get sick, or you lose your job, or maybe you go through a brutal breakup or divorce and all of a sudden you're down here in the trough. And you find yourself asking the question, who am I. And I want to say to you when things are good, don't wait till they're bad, but when things are good, to align your mind that although things are great and things get good and bad, I am not what I do, I am not what I have, and I am not what people say about me. I'm a beloved son or I'm a beloved daughter of God. Don't work yourself to death. Can I just say that busyness is not a virtue? I need to put it on the screen. Busyness is not a virtue. Very often when we call somebody that we respect or admire, and we want to ask them to do something, we'll usually lead off with something like this: 'I know you're busy.' That's a statement of respect and admiration. It should be an insult. 'I know you're busy. You're constantly going. You're always going. And it might just be possible that in the thickness and nonstop-ness of your calendar, you might be able to squeeze me in for a cup of coffee.' I mean that should be an insult, shouldn't it? But it's not, it's a compliment. And I just want to say to you busyness is not a virtue. Many of us find us in our jobs or in our vocations, or maybe you're a pastor, in your ministry, or whatever it is that you do, you're constantly out of energy, you're always catching up, you never feel like you do enough or you have enough, and then you feel like the world is telling you to try harder and do more. You do enough. You are enough. You don't have to prove yourself, not to me and not to anyone. I'm proud of you. You're doing great. I remember when Hannah and I, trying to be super millennial parents, we want to raise super children. And so we decided we wanted our kids to learn an extra language. I learned Spanish a while back and it's been such a treasure for me. I'm not very good at it, but I'm okay. I can (SPEAKS SPANISH), so that's something. But we wanted our kids to learn a language and so we decided we were going to enroll our eldest daughter, Haven, into this school that teaches them both Spanish and Chinese. And we thought oh this is going to be great.

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So we take this five year old kid, who is like the most bubbly, joyful, fun person I've ever met. I mean she is just so excited about life. Everything is beautiful to her. And we took her and enrolled her in this school with the hopes that she'd learn this language. And at first it was rigorous, and week after week she just was getting more and more like (GRRR). So they would go from 8 in the morning, till what was it 3:30, and then tutoring for an hour and a half, and then a whole night of homework. So I remember it was like week four or five, I walked into her classroom, and this is a room filled with kindergartners, okay? Five year olds. And I'm always a clown, right? So I walk in and I'm like 'Haven!' You know, to try and get all the kids excited and stuff. They all just went like this. They all had their heads down with their Chinese characters and stuff, and they were like (PAUSES). And Haven, too. And I was like, 'hey how was school today?' 'Fine.' 'Good.' 'Why don't you get your bag and why don't we go.' And so she kind of got up and got her bag, and then the next morning crying, she doesn't want to go to work. Oh that was the last day, let me tell you. That was it. That was when we decided.. and for some kids, this is really a good program. For Haven, it was not. I could just see that although I wanted my daughter to learn Chinese and Spanish, it seems silly now, doesn't it. Although I wanted her to learn Chinese and Spanish, I just realized that there are some things in life that are more important, like being happy and being joyful. And then I started to ask myself a question, because at the time I was working rather hard, I still do, but I was feeling a bit out of energy. And I wondered should I take the advice I give my own child? And I think I said no. Why don't we want for ourselves the wisdom we offer our children? I mean very simply, would you want your kids to have the life you have? Would you want your kids to do the things you do or would you want your kids to make the decisions you're making? Very often, we look at our own lives and we say well I'm working hard cause I have to but my kids won't have to, or I don't want them to do these things. Don't get me wrong, hard work is awesome. Hard work is rewarding. I work very hard, but at the heart of who we are needs to be the understanding that if our work goes away, it's going to be okay. That we do enough, and you do do enough, and I'm proud of you. The fourth commandment and we've been in a series on the Ten Commandments, the fourth commandment is this and it's the last of the pious commandments: "Remember the Sabbath Day by keeping it holy." Now sometimes we misquote it and we say honor the Sabbath. It's not. Its remember the Sabbath. Remember the Sabbath. What are we remembering? Well for the Jewish people, a big part of their memory was remembering that they were slaves and that they were taken out of slavery. In fact when they eat the Passover meal, that's what they're eating. They're eating a memory. They're remembering what God did for them in the Passover, how they delivered them from Egypt, and how he delivered them from the angel of death and brought them to the Promised Land. We do this, too, by the way. We eat a memory when we remember what Jesus did for us. And they continue to realign themselves with the idea we used to be slaves and we are no longer slaves. In fact, in Deuteronomy, where there's another set of Ten Commandments, when it lists the Sabbath, it says 'for you were slaves in Egypt but you are no longer slaves today.' The command to rest, to gather for worship, to even have fun, which I believe is a commandment of the Sabbath, is a commandment to be a human being, and not be a slave or a beast of burden. This is an amazing commandment, actually, because not only does God command you to take one day a week to stop working, but he also says all of your servants shall do it, and your children shall do it, and even the animals shall do it. In fact as far as we know, this is the first national commandment for animal rights that we shall actually allow animals. You can't, on the Sabbath day, make your donkey pull your cart. He gets to take a day off, just like you. I think that's great. And so what it's doing is realigning all of creation with its value in the kingdom of God. We think Sabbath is just a suggestion. It's not. It is actually a sin not to relax once a week. I believe that. In fact, can I just say this? The one day a week is not a maximum, it's a minimum. God is commanding you that one day a week to just relax. Now the way that we live this out as Christians, we are not slaves of the law, we want to live by the spirit of the law. And a lot of traditions will argue about whether its Saturday or Sunday. I believe in Romans chapter 14, Paul says some people do it on Sunday, some people do it on Saturday. It doesn't matter. In truth, we know that evil doesn't Sabbath, so some people can't take a Sabbath. Police can't always take Sunday off. Firefighters can't either. Neither can soldiers. And neither can pastors! I don't Sabbath on Sunday. I'm working hard right now. No but... No, but there is this idea that one day a week, one day a week, just one, you set it aside to just put first things first. To just decide that for 24 hours, I'm just going to relax. I'm not going to make calls, I'm not going to try and build things, I'm not going to clean my house, I'm not going to clean out the garage. I'm going to be with my family, I'm going to be with my friends.

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Can I just say on the Sabbath, aside from your friends and family, that on the Sabbath you don't have to be with a bunch of negative people you don't want to be around. You get to take a break from them, too. Isn't that great? I think that's one of the best things about a Sabbath. I get to take a break from negative people. Not Monday through.. well anyway. So I just want to say that on the Sabbath it's a day that God gives to you to recharge, to have fun, to relax. I think the purpose of Sabbath is to begin in the house of God, and then to just today, you get to just relax today. If you're watching on TV and you're going to a church where there is no joy, no positivity, you leave feeling depressed, it's time to find a new church. The purpose of church is to realign your soul with the love of God, and the word of God, and the promises of God, and to form you into a happy and whole student of Jesus. That's why I love it when I meet people and they say 'oh man when I watch the Hour of Power' or 'when I come to Shepherd's Grove on Sunday morning, I'm getting ready for my week.' That's the way to view Sabbath. See so many people, they view their life like this, and this is society's way. Society says Monday through Friday hate your life, just hate it. Hate everything you do and just get through it as fast as you can. On Thursday you're almost there. And then Friday night through Saturday and Sunday, that's when you get to live. So you effectively get to live one third of your life Friday evening, Saturday and Sunday, and then the other two thirds, you have to hate. And so what happens is we get to Saturday and Sunday, and it's kind of like oh I got to enjoy this. Very often we're so out of energy, we're so empty in our tank that too often we get there and we just watch TV all day long. If you're watching Hour of Power, don't change the channel, but aside from that. No, we just do something where we look back and then Sunday afternoon comes, and we're thinking oh man it's almost Monday. Oh, no. And so like the rest of Sunday evening, is like just bummer, depression time where you're just sad that Monday is coming. That is not God's view for your life. And it's not your view for your life. You're not like that. You know Sunday is what? (AUDIENCE: The first day of the week.) That's right. In Judaism, a day doesn't begin when the sun comes up. In Judaism the day begins when the sun goes down. So every day begins with rest. Did you know that? And in Christianity, we believe that we begin our week with Sabbath. We begin our week by aligning our identity and our minds with other positive, godly, happy, joyful people who encourage us, who pray for us. We go to church with all our burdens and all our stresses and we get a nice purging. We get forgiveness of our sins, we get to hear the word of God, and then we rest. So Sunday, we get charged up. We fill up the battery. So that when we go into Monday, we're not all depressed and sad, we're going into Monday with purpose. We're going into Monday with a vision. We're going into Monday with joy. We're going into Monday to encourage all those other people who didn't Sabbath. We're going into Monday to be life giving, joyful people, and that's what Sabbath does. Sabbath says I'm realigning my life to fill up my battery, to have a positive, productive, joyful and yes, even relaxed work week. I believe in it with all my heart. I believe Sunday helps us get out of the rat race. Out of the motions. Out of just being like every single day is the same. The Sabbath allows us to look at our work week as a stage. That when you go to work tomorrow, or whenever it is you're going to work, that you're not just going to go to work, you're going with a calling; that there is a sort of hidden agenda in your work to inspire others, to encourage others, to lift others up; maybe to share your faith with someone or pray with someone. To be the light of Christ everywhere you go, and that's what Sabbath does – realigns you with that. And you do do that and I'm so proud of you. I hear all the time about people, when I tell them what I do for a living, and what church, I say Shepherd's Grove, oh someone I know is at my job, or volunteers with me, they're so positive and joyful. You're doing it and I'm proud of you. Sabbath elevates you to see the rest of your work week as a calling, not just a terrible job that you hate. When you realign yourself every Sunday, or whenever it is that you take your Sabbath, you ought to be getting a vision, a sense of purpose for the rest of your week; filling that tank up with energy and power to be world changer. I believe the birthplace of vision and dreams is not in the work, it's in the rest. Too often we think that rest is not productive; that nothing good comes from rest. It's a waste. It's lazy. Sometimes it is, but I believe when we rest, that's when we very often get the biggest vision for our lives. And one of the purposes of your rest on Sunday should be getting a vision for your week. You should be dreaming about good things that I can do in the week ahead. Ways that I can help others, or do better in my job, or honor God in the things I do. So rest is the birthplace of vision and dreams. Hannah and I recently went to Florida, and I work very, very hard; we work very hard, and part of that is we embrace the Mark Twain motto: if you love your job, you don't have to work a day in your life. And it sure does feel that way. We really do have a lot of joy in what we do, but that also makes it easy to get stuck in work and still not rest because you think oh well its fun for me, so I don't need to rest. That's not true.

## Rest and Fun

And so recently we had an opportunity to go to Florida on a break with her family. And her dad was going to pay for the whole trip, and even hired a babysitter for our kids and everything. And it was 18 days. And I thought man. And when I take a vacation, it's usually four or five days. And I thought 18 days, that is a long time. In fact towards the end of that break, we ended up going, my dad actually texted me and he said 'some people are saying that you've moved to Florida. Are you coming back?' We first got there; it took a couple days to even relax. And then we really did relax. I remember sitting out on that patio in a rocking chair with a glass of iced tea and a book and just enjoying life. But by like day fourteen or fifteen, I started getting ancy, and that's when it happened. The last three or four days of that trip, I just got all these new terrific ideas, sermon ideas, things for my book, all this creativity and vision and all this stuff start emerged, not from a place of work and worry, but from a place of rest, and a place of letting go. So when I came back, I was prepared with a whole years worth of stuff and I didn't go with that intent. I wasn't like hey I'm going to go and prepare anything. That would have kept me from relaxing. I had to let go of that, too. I wasn't looking for it. It was inspiration. Inspiration comes when we let go, when we rest, when we separate ourselves and take a break from the work and the process that we're in. So there's so much wisdom in rest, and in a rhythm, a rhythm being every week of Sabbath. Sabbath is proof that God loves us. And we want to be careful. Don't make it legalistic. Jesus was constantly criticizing for breaking aspects of the Sabbath. He said 'God made Sabbath for man, not man for the Sabbath.' Remember that line. If you get legalistic and angry and you're feeling all uptight about Sabbath, you've completely missed the point. The purpose of Sabbath is to step out in faith and let go and allow God to do some stuff while you just take a break and relax. When you Sabbath, what happens is you learn to actually work hard relaxed. I experienced this years ago when I was cleaning the house and I just decided I'm going to do this in a relaxed way. And I got that house cleaned so fast, and yet I finished; I wasn't in a hurry. You know hurrying doesn't make you faster, it makes you clumsy, right? You end up making more problems for yourself when you hurry. Like speeding gets you there maybe ten seconds earlier if you do everything perfectly. That's if you don't get in an accident or get pulled over. So I want to encourage you to make every day of your life a relaxed day, even when you work hard. I want you to think about that and meditate on that. Finally, I believe in Sabbath, and I believe in church, and I believe in gathering in church and that's why we devote so much of our lives to Hour of Power. We want everyone to have access to some kind of a worship service. And I think this means something to you or you wouldn't be here. For most of you, this is an important part of your life. Is that true? So if that's true, I think there are people in your life that this would help them, that gathering here would help them. Ninety percent of people say I would go to church if somebody just invited me. A lot of the people who have a bad view of church have that view because they've never been to a church like this one. You have all the power to change people's perceptions of church, and of God, and to get out of the rat race mentality of hate my life Monday through Friday and all this stuff, by bringing them here; by giving them a new vision for their life. So I want to encourage you to just think for a minute – if this is something that matters to you, to invite a friend, especially a friend who doesn't go to church, to just come with you some Sunday. And pray for it and see if God doesn't do something great in your life. It might be one of the best things you ever did for that person, and they may end up thanking you the rest of their lives. I'm thankful for the first person that invited me to church and it's a good thing. Friends, you're not what you do. You do enough. You do enough. You're loved. So today, relax. Have fun. Enjoy your day. Be with the people you love. Have some boundaries. Some people don't get to come in and that's a good thing. And allow your battery to be recharged. Ask God for a fresh vision for your tomorrow and watch how every day can be full of joy and life. And so I just pray that over you, in Jesus' name. Lord, I pray for a full fresh vision for Monday. I pray that every single person who hears my voice would be filled with joy, and hope, and faith, and positivity; that we would be filled with your vision for our lives. Lord, we love you and we thank you that our sins are forgiven by you, that we are coming in line with the word of God. We live for you, it's in Christ' name we pray, amen.

### BENEDICTION - BS

Thanks for being here today. I believe your week is going to go better, you're going to have more joy and fullness and blessing in everything you do. I want to speak that over you.

And now the Lord bless you and keep you. The Lord make his face to shine upon you and be gracious unto you. The Lord lift his countenance upon you and give you his peace in the name of the Father, and of the Son, and of the Holy Spirit, amen.