

# Fill My Cup to Overflowing

Exodus 20:8-11



# Sabbath reminds us of our freedom to rest

- **Mandatory day off!**
- **To remember where that freedom came from**
- **Lord's Day is our fulfillment**
- **Treat others like we are blessed to be treated**



# Sabbath reminds us of being free indeed, filled to overflowing to bless others

- **Work = adding value to others**
- **Commanded to work six days a week**



# Sabbath reminds us that our spiritual lives and our secular lives are united

- Blood of Christ goes with us to give our lives power
- Full to overflowing so we can be a blessing to others
- Be looking for the prompting of the Holy Spirit
- Shavua Tov! **שָׁבוּעַ טוֹב** Have a good week!



# Life Application

- Determine to be here each Sunday so God can fill and overflow your cup [barring illness or travel]
- Each day this week, notice how God connects your spiritual life with your everyday world and thank God for that connection each night.
- Shavua Tov! שָׁבֻעַ טוֹב Have a good week!

