

*The Ten Commandments: Downtime-God's Antidote for Burnout*  
Exodus 20:8-11

**I. The Sabbath is God's Antidote to \_\_\_\_\_**

- What does "Sabbath" mean? Day of \_\_\_\_\_  
*Mark 2:27*
- When is the Sabbath? \_\_\_\_\_  
*Colossians 2:16-17; Romans 14:5-6*

**II. How to Observe the Sabbath** "How do I keep it *holy*?"

A. Downtime to \_\_\_\_\_ your \_\_\_\_\_  
*Psalm 127:2; 23:2*

B. Downtime to \_\_\_\_\_ your \_\_\_\_\_

1. \_\_\_\_\_ Time  
*Psalm 23:3; Isaiah 30:15; Psalm 46:10; Mark 6:31*

2. \_\_\_\_\_ Time  
*Ecclesiastes 9:9; Proverbs 17:22*

Family time also includes time with God's family.  
*Hebrews 10:24-25; Psalm 122:1*

C. Downtime to \_\_\_\_\_ your \_\_\_\_\_  
*Mark 8:36; Matthew 11:28-30*