

The I AM Day

BIG BIG GOD - Part 4 of 7

January 26-27, 2008

KEY ELEMENTS TO UNDERSTANDING REST

1. God's _____.

“Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”
Genesis 2:1-3 (NIV)

“Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.”

Isaiah 40:28 (NIV)

2. God's _____.

“And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”

Genesis 2:3 (NIV)

“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 manservant or maidservant, nor your animals, nor the alien within your gates. 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.”

Exodus 20:8-11 (NIV)

“Then He said to them, ‘The Sabbath was made for man, not man for the Sabbath.’”

Mark 2:27 (NIV)

3. BE _____.

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”

Psalms 46:1-3 (NIV)

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Psalms 46:10 (NIV)

GOD'S DESIRE FOR YOU IS TO GIVE IT A TRY!

THREE WAYS TO MAKE THE “I AM Day” PRACTICAL:

- **What to _____.**
Three Categories to Exclude From Your I AM Day:

1. _____.
2. _____ and _____.
3. _____.

Action Plan:

- **What to _____.**
Three Categories to Include On Your I AM Day:

1. Resting _____.
2. Restoring _____.
3. Renewing _____.

Action Plan:

- **Enjoy! Do not _____.**