

Last night Dan shared the story of a man who had an affair, and I have to admit there was a sense of relief when he said the affair was with how he spent his time. It seems as though I place more value on the fulfillment of sexual morality than I do on how we spend our time. But God doesn't see it that way and I'm no different than the story of this man. There are days when I realize that too much time was spent on-line, shopping, or watching TV. I recognize that I don't spend enough time interacting with my kids, conversing with my husband, or having quiet time with God. That is time I can never get back. God has a desire for our time and unfortunately I don't often make Him a priority. The idea of slowing down once a week to remember the Sabbath is not something I do regularly. I guess I look at the fourth commandment as more of a suggestion than a rule. But obeying God's commands is how we show Him that we love Him.

Last fall, my husband and I were really struggling in our relationship. We had been married twenty-three years, and I honestly wasn't sure if we would see our next anniversary. I had dinner with a friend and shared my heart. She empathized and encouraged me to make my marriage a priority. She asked if we had been on a date lately. After all those years of marriage we had never made dating a priority, so we didn't have a regular date night like some couples have. I couldn't remember the last time we had gone out. I agreed to make a date as soon as possible. She prayed for us and checked back to make sure I followed through on my agreement.

My husband and I started dating and eventually got into the routine of going out for breakfast Sunday mornings. It was cheaper than an evening meal, and the kids could sleep in for part of the time while we were gone. The rest of the day we spent doing things around the house and yard until we got ready for 1Mosaic. We enjoyed our time together and our relationship began to heal. The best part was that other people, including my adult children, could see that there was a positive improvement in our relationship!

For the last six weeks, we have gotten out of the habit of our Sunday morning breakfast. Last night's message reminded me of the need to reconnect with my husband and to slow down and set apart time for God. Each of us is challenged to do the same. Dan shared, "You were meant to live your life, not your life to live you." As we think about how our Sabbath should be spent, it needs to include celebrating the goodness of God; it can't be spent gearing up for next week. It's a chance to get our heart right with God. I encourage you to think through the idea of Sabbath and make it a part of your week – even if you have to write it on your calendar or put it in your planner.

**Questions to Consider:**

The Greatest Commandment is "Love the Lord your God with all your heart and with all your soul and with all your mind. And love your neighbor as yourself." (Matthew 22:37, 39) Do I have a day set apart that is holy? Following God's command to "remember the Sabbath" shows Him that I love Him.

Do I have a day set apart each week that is holy?

What makes a good day? Is it how much I get done?

Who's calling the shots on my day - me or my time?

Do I have an "If . . . then . . ." mentality? (example: If I can just get through this week, then things will be better.)

Dan said, "It is sinful to live at the pace of life that many of us do." Do I understand the point he was trying to make? Do I agree? Do I live at a sinful pace? What can I do differently? How can I change this?

Do I worship time and speed? And in what ways do I worship time and speed?

Do I get irritated when I have to wait in the drive-thru line for fast food?

**Additional Verses:** Exodus 20:3-6, 8-11, Genesis 1:31 – 2:3, Mark 2:27

**This month's memory verse:** "Have nothing to do with godless myths and old wives' tales; rather, TRAIN yourself to be godly." 1 Timothy 4:7

#### REMINDERS:

**7.3 – The Gathering at the 5/6 BUILDING at 6pm!** *Intimacy w/ the Father.* Dan kicks off July talking about our relationship with our Heavenly Father...not always easy to comprehend, but very important to understand!

**7.10 – The Gathering at the 5/6 BUILDING at 6pm!!!** *Intimacy w/ the Son.* Scripture tells us that the Father sent the Son, that we might know Him. The Son is the apex of the story, so do we really know Him? Intimately!?

**7.17 – 3rd:culture Night!** *1MOSAIC's 'For The City' Summer Carnival.* "Church is NOT a building!" So let's turn our new parking lot at the 5/6 building into a rockin' carnival for our city from 6-8pm. Be sure to watch the web & listen at the gatherings for details & sign up to host a station!

**7.24 – The Gathering at the 5/6 BUILDING at 6pm!!!** *Intimacy w/ the Spirit* What is this whole 'Holy Spirit' thing? Well, its pretty important, and the biggest gift Jesus says He will leave with us. How then do we know Him?

**7.24 – BAPTISM BASH from 6:30-8:30 @ Bohn Pool!!!** Want to get baptized!? There is no better way to wrap up a **Family Fun Night** than with people publically professing their faith through **baptism!** Don't miss it!!!