

Know | Be | **Do**

“How we spend our days is, of course,
how we spend our lives.”

- Annie Dillard

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Our Problem:

- We assume a disconnect between what we believe and how we function

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God's Response:

“and the Word became flesh and dwelt
among us”

- John 1:14

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Our Call:

“Walk in a manner worthy of the Lord”

- Colossians 1:10

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How do we use what we do to build our spiritual life?

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I. Sabbath

- A call to mission

Deuteronomy 5:12-15

“Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. 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, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your

gates, that your male servant and your female servant may rest as well as you. You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.

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I. Sabbath

II. Holy Sweat

- Discipline = Freedom

1 Corinthians 9:24-27

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

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I. Sabbath

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- Discipline = Freedom

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I. Sabbath

II. Holy Sweat

III. Patient Investment

- The long view of Discipleship

2 Corinthians 4:16-18

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

Know | Be | **Do**

I. Sabbath

II. Holy Sweat

III. Patient Investment

- The long view of Discipleship

Know | Be | **Do**

Let us “walk in a manner worthy of the Lord” by using what we do to build our spiritual life.

I. Sabbath

II. Holy Sweat

III. Patient Investment