

**Relationship Revolution: Emotionally Healthy Spirituality**  
**Discovering the Rhythms of the Daily Office and Sabbath**

Community Church - West Bend, WI

*Daniel 6: 10-13; Exodus 20:1-17*

February 12, 2012

**Ten Commandments - Exodus 20:1-17**

4. 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 our God. On it you shall not do any work,... 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."

**1. The Daily Office**

(Fixed Hour Prayer, Divine offices or liturgy of the hours)

**OFFICES** (*opus*) = \_\_\_\_\_ of God

*My work in life first is to \_\_\_\_\_ - Psalm 27:4*

*"\_\_\_\_\_ I praise you."  
Psalm 119:164*

*"It is good to praise the Lord... To proclaim your love*

*\_\_\_\_\_, and your faithfulness*

*\_\_\_\_\_."  
Psalm 92:2*

*\_\_\_\_\_  
I cry out to you in distress and he hears my voice. Psalm 55:17*

**Aspects of the Daily Office:**

- \_\_\_\_\_ – to be with God
- \_\_\_\_\_ on Christ – directing our thoughts towards Christ
- \_\_\_\_\_ – to be alone with God – removing the noise
- \_\_\_\_\_ – meditating on Scripture

**Qualities to Biblical Sabbath:**

- \_\_\_\_\_ – give control to God
- \_\_\_\_\_ – from our work
- \_\_\_\_\_ – in what we have been given
- \_\_\_\_\_ – reflect on who God is and his promises

**LIFE Application:**

#1. Find what \_\_\_\_\_ for you.

#2. Make a \_\_\_\_\_ – is this something I need?

#3. Be \_\_\_\_\_

*I wait for the Lord, my soul waits, and in His word I put my hope.*

Psalm 130:5

**2. Sabbath Keeping**

- To \_\_\_\_\_ for a 24-hour period each week