

Now I Lay Me Down

Genesis 2:1 – 3

Introduction:

Psalm 121:1 – 4 - *I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth. He will not suffer thy foot to be moved: he that keepeth thee will not slumber. Behold, he that keepeth Israel shall neither slumber nor sleep.*

Shabbat - to cease from _____

Nuach – to rest or to _____ or to _____

Are you at peace where you are?

The 4th Commandment: “Remember the Sabbath Day to keep it holy.” What does this commandment mean to you? Are you keeping this commandment?

1. Lay Down Your _____

Hebrews 12:1a - *Lay aside every weight and the sin which doth so easily beset us...*

What is weighing you down today?

Fear/Worry:

- ☐ Finances
- ☐ Fear of Man
- ☐ Failure
- ☐ Physical Illness
- ☐ Fear for Your Family
- ☐ Fear of Harm
- ☐ Spiritual Oppression
- ☐ Depression
- ☐ Loneliness
- ☐ Other

Obsession:

- ☐ Personal Goals
- ☐ Family Goals
- ☐ Perfectionism
- ☐ Work
- ☐ Material Possessions
- ☐ Societal Status
- ☐ Discontentment
- ☐ Desire for power or control
- ☐ Other

Sin:

- ☐ Guilt (unconfessed)
- ☐ Shame (confessed but not forgotten)
- ☐ Addiction
- ☐ Feeling Distant from God
- ☐ Anger
- ☐ Bitterness
- ☐ Unforgiveness
- ☐ Jealousy
- ☐ Other

Matthew 11:28 – 29 - Come unto me, all ye that _____ and are _____ laden, and I will give you _____. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find _____ unto your souls. For my yoke is _____, and my burden is _____.

Luke 9:23 - *And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.*

We can lay down our fears and take up _____. We can lay down our obsession and take up his _____. We can lay down our sin and take up his _____.

2. Lay Down Your _____

What is your identity? _____

What you value determines your values.

Jacob means _____.

Israel means One who _____ with God and _____.

3. Lay Down Your _____

Psalm 127:1 – 2 - *Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.*

2 Corinthians 10:3 – 4 - For though we _____ in the flesh, we do not war after the _____: (For the _____ of our warfare are not _____ (*base physical desires*), but mighty through _____ to the pulling down of strong holds;)

What are some carnal weapons that we may need to surrender? What is your weapon(s) of choice?
Label each box as Defensive or Offensive weapons. And check all the ones that you personally may need to lay down.

- - ☐ Gossip
 - ☐ Slander
 - ☐ Division
 - ☐ Physical Abuse
 - ☐ Cursing
 - ☐ Anger
 - ☐ Vengeance
 - ☐ Belittling
 - ☐ Manipulation
 - ☐ Attention Seeking

- - ☐ Cynicism
 - ☐ Negativity
 - ☐ Apathy
 - ☐ Passive Aggressive Behavior
 - ☐ Addiction
 - ☐ Isolation
 - ☐ Refusal to Forgive
 - ☐ Stinginess

Ephesians 4:31 – 32 - *Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye _____ your bodies a living _____, holy, acceptable unto God, which is your _____ service.
