



"3 Healthy Rhythms That Will Change Your Life"

Genesis 1-2 * November 19, 2023

I. The Healthy Rhythm To Govern Our Work:

The _____

*"And God said, 'Be fruitful, and multiply and fill the earth
and subdue it.'" – Genesis 1:28*

A. What is God saying to us in these words?

B. What can we do to pursue a healthier rhythm here?

1. _____ for your work.

2. Develop a sense of _____ for your work.

3. Remember, you are _____.

II. The Healthy Rhythm To Govern Our Time: The _____.

A. The Sabbath reminds us to save time for _____.

B. The Sabbath calls us to save time for _____.

III. The Healthy Rhythm To Govern Our Money: _____.

A. What is this?

B. The argument in favor of this practice:

C. The benefits of this habit:

Some things to think about: