



Sermon series: Press Pause
Text: Genesis 1:31-2:3; Exodus 20:8-11
Delivered: September 11th, 2022
Kyle Kauffman

Pause to Remember

Big Idea: Rest provides the space to remember and wonder.

"If you reflect for a moment, you'll probably realize that the non-stop pace of Western-world life is neither physically sustainable nor spiritually beneficial. It is, however, a remarkably effective way to slowly forget God. And that's just the point. God gave us regular, weekly times to stop in order to know (because we're bound to forget) that it is God who is God, not us." -Adam Mabry "The Art of Rest"

Pause to Remember the _____ of _____. (Genesis 1:31-2:3; 1 Timothy 4:4)

1. Goodness calls us to _____.
2. Slowing down _____.

"I shall open my eyes and ears. Once every day I shall simply stare at a tree, a flower, a cloud, or a person. I shall not then be concerned at all to ask what they are but simply be glad that they are. I shall joyfully allow them the mystery of what Lewis calls their "divine, magical, terrifying and ecstatic" existence." -Clyde Kilby

Pause to Remember _____ only _____. (Isaiah 40:28-30; Psalm 104:14-15, Psalm 4:8, Psalm 3:5-6)

"Creatures by definition, are less than their Creator. He is infinite, we are finite; he is unlimited, we are limited. Although none of us would say we are unlimited, most of us think we are less limited than we actually are. Such an underestimating of our limitations and overestimating of our abilities results inevitably in strain, fraying, and eventually breaking." – David Murray "Reset"

1. To be human means to have _____.
2. To be human means to be _____.

Pause to Remember Who _____ the _____. (Exodus 20:8-11)

1. Our Creator is _____.
2. Our Creator is _____.
3. Our Creator is _____.
4. Through Jesus, our Creator is our _____. (Matthew 6:25-26)

Pause because rest is a _____ gift from a _____ God.

We all tend to be busy in our lives. Would you say being busy is a bad thing? How might we know when our lives have become too busy? What are some of the ways you evaluate whether your life is too busy or not?

Read Clyde Kilby's 10 Resolutions for Mental Health. Which ones stick out to you the most? What are some ways you can put these things into practice in your own life?

If you had to make your own resolutions for mental health, what would be on that list?



What's something in the past week that has made you say "Wow!" Are there practices or habits that you can cultivate that might help you to grow in wonder?

Are you intentional about taking a day of rest each week? How does that day look different than the other six days of your week?

How many hours of sleep do you get per a night? What are some things that help you to be able to fall asleep and make sure you are getting enough sleep?

How might you use the limitations of your life to remember that you are dependent on a good God who takes care of you?

What area of your life do you have trouble letting go of and entrusting to God so that you can rest? What area of your life keeps you from getting the rest you should be getting? What might help you to better let go of this and entrust it to God so that you can rest well?

What are the truths you preach to yourself about God that help you to be able to rest?

Further Resources

- [Read over Clyde Kilby's 10 Mental Health Resolutions.](#)
- [Read Over Chapter One of David Murray's Book Reset.](#) Take time to look over the Warning Lights portion and evaluate how many Warning Lights are on in your own life.