

Prison Break

#5: Guilt-Free Relaxation

Escape the Guilt

1. _____ to dealing with Guilt-free Relaxation

- a. Belief that relaxation is _____
- b. Lack of proper _____
- c. _____
- d. Poor _____

2. _____ Guilt Free Relaxation

Matthew 11:28 *Come to me all you who are weary and burdened, and I will give you rest.*

- a. Set _____ at work
- b. _____ work
- c. Learn to handle _____

Philippians 4:6 *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests.*

1 Peter 5:7 *Cast all of your anxiety on him because he cares for you.*

- d. ****_ your time ****
- e. Do something _____

3. Understanding the _____ mandate to relax

- a. Remember the _____

Mark 2:27 *The Sabbath was made for man, and not man for the Sabbath.*

Exodus 20: 8 *Remember the Sabbath day by keeping it holy.*

- b. God _____ this

Exodus 31:17 *For in six days the Lord made heaven and earth, but on the seventh day he ceased from labor, and was refreshed.*

- c. Make _____ for God _____

Psalms 62:5 *Find rest, O my soul, in God alone; my hope comes from you.*

Daniel 6:10 *...Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*