



Check the Gauges

Part 1 – The Physical Gauges
Pastor Ted Cunningham

Today we're starting a new series called *Check the Gauges*. We're going to talk about your wellness. It's like a coaching series for the next five weeks where we are talking about getting healthy for ministry effectiveness. I want to start with this indicator light. I want you to make some noise if this light (gas gauge on E) brings you great stress. Now watch. For how many of you, make some noise if this light means we've got 40 more miles. Make some noise if that light is on in your car right now. Alright.

I was shocked in the first gathering. How many of you, in the last 20 years, this light has never come on in your car. Look around the room. They've never raised their hand in church a day in their life. They are proud of this one. I see that hand back there.

Raise your hand if you get gas when you're at half a tank. What kind of time do you people have to be getting gas that much? Are you afraid you'll run out? You just never know. It's cheaper? I think your grandpa told you that and it ain't true. That was one of those things you just dove in on and it ain't happening.

Many of you feel this right now in your life, physically, emotionally, financially. This week I was told by the man himself, Dave Ramsey, on his podcast, He said, "Sixty-one percent of Americans are living paycheck to paycheck. So, I know some of you are E right now relationally. You're in a marriage or there is a relationship in your family or maybe a long time friend that it's just not good and its major stress.

Some of you have allowed all these gauges to hit empty in your life and what's happening now is you find yourself going, "Do I really want to go to church? Do I really want to be there?" "Do I really want to worship? Do I want to read my Bible?" You're seeing how all these gauges are linked. A core value of our church... and we say it all the time around here. We believe every member is a minister. We don't have one or two. We believe everyone who calls upon the name of the Lord, everyone who has placed faith alone in Christ alone is a follower of Jesus and has been gifted to do ministry. And you are a 10 at something. And we need you serving. In order to serve effectively, you need to be healthy. And you know when you're not well. You have no desire to serve other people. You don't have the energy for it, you don't have the resources for it, you don't have the time for it.

Something that's been like a sacred echo over the summer for me... because I hear it all the time as a marriage speaker. When I go places and speak on marriage, I hear from singles all the time.

“I’m single, I’m not married, why do I even want to hear your crummy talk?” Here’s what I want us to understand going into this series, and as ministers of the gospel.

1. Not every sermon speaks directly to your season or stage of life. In a couple of months, we’re going to be talking to singles in a message we’re preparing for that. So, married people may listen to that and be like, “Why would I need to listen to that?” It’s because you have a lot of single friends in your life that you can minister to. Single friends, you get to be backup singers to the duets all around you. So, it may not be your season or stage of life, but every sermon equips you to better serve others. So, don’t just listen for how it affects you personally. This is so important at the beginning of this series because we don’t want you to just get healthy for you. We want you to get healthy for others. If you get healthy for you so you can become an Instagram influencer and just help yourself, you’re missing the point. You want to get healthy so you can more effectively serve others and glorify God. So, don’t just listen for how it affects you personally, listen for how you can minister more effectively. And we believe that your personal wellness, in all of these gauges that we are going to look at, is directly tied to your ministry effectiveness. It’s linked and the apostle Paul knew that.

Now, you did not receive my assignment two weeks ago too well; you didn’t do a whole lot with it. So, for that, I’m assigning you ten chapters of the Bible to read this week. But I do what you to read First and Second Timothy. I want you to read through it for the pastoral care. In these two books, you have an older pastor talking to a younger pastor. The younger pastor is timid and facing a lot of leadership challenges. And Paul understands that when you choose leadership, there are going to be accusations, there are going to be resource challenges, you’re going to want to meet the needs of people that you’re not going to be able to meet all the need. There are going to be leadership struggles within the church, and you are going to be dealing with all that and Timothy, you need to be healthy to do it.

These are the five gauges that we are going to look at (Physical, emotional, financial, relational and spiritual) and I want you to see today that they are all tied together. We’re going to talk in a moment about what it means to have room to breathe. Some of you have a marriage that ended. You were doing fine financially until the relationship crisis hit. You were on E in your marriage and that created a financial crisis. That financial crisis maybe led you to start cutting corners and you’re not making principled decisions anymore. You are making expedient decisions, and you are cutting corners, and everything about your integrity and walk with Christ is suffering as a result. It also has created an anxiety in your and it’s created this *I can’t sleep*, which is what we are talking about today: rest and the value of rest and God’s commands to take rest and to find rest. But all of these are tied together.

I remember in 2007, Amy and I had lived in a home for a few years and for the first ten years of our marriage, we would sell every two years, take the equity from that home, put it in the next home. We were building up equity and I was so excited. I remember being with some older, godlier, richer men in our church. One of the said, “Ted, you really can’t lose money in real estate.” I want to remind you of the year. It was 2007. And then he said, “Ted, I would build as big as you possibly can build. Go for it. Get the equity built up, you really can’t lose.” And I’m like, “You are a godly man who has been successful in your life so, I’ll do it.” And then I asked him, “Should I sell my other house first before I build?” The guy said, “That house will sell so fast.” Well, 2008 hits. I’m looking around the room. Millennials, I need to explain to you something that happened in 2008. It was a rough time.

Not only did that home that we were living in lose all its value and all the equity because it wasn't worth anything. We couldn't sell it. We moved renters in and now I had this home.

I remember the first night staying in our new home that we built. There were no door handles on the outside door, so I had chairs put up against it. I was like, "When we get the money, door handles are next, kids." I remember that season. Amy can go back to that season 15 years ago and remember me sitting up at night at 1:00 am, on the edge of the bed going, "What have I done?" I felt like a total failure. We kicked that guy out of the church that gave me the advice. We practiced church discipline on him, and he is at First Baptist with Jeremy right now. I'm just kidding. I don't know where he is. I think he's in another state. I hope. He's a good friend. I need you to know you need more friends like this guy. Every time you get onto your bank app, you look at it and you're like... you can feel it.

What Paul knew as he instructed Timothy... and as you read through those two books of your Bible, what you get is this beautiful like I need you... "Timothy, I know the challenges you're facing, and I need you to be healthy. I know the stress you're under trying to lead a church." That's why in 1 Timothy 5: 23, we read **23 Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.** Can I tell you this verse is not in your Bible for Presbyterians and Baptist to debate wine. This is Paul saying to Timothy, "You need medical help. You're not doing well, and I need you to be healthy because you haven't even experienced the challenges yet that I know are coming, because I've experienced them too. I need you to be at your best physically in this time.

Today, we're talking about rest. I don't know what you feel when this pops up on your phone (Low Battery). When this pops up, your first thought is like, "Man, I'm tired. Isn't interesting how tied we are to our phones. When you see this, is your first thought, *Well I guess we're done for the day. We're out of juice. Can't do anymore work, can't get anything...* No, you don't do that. You go get a charger. You plug it in and you charge it. If you're my daughter, you go into my bedroom and take my charger. How many of you go to bed at night and you see it's not plugged in where it's supposed to be, so you do the tour of the house to find your charger? I think all of us are that way. We would never give up on the day because our phone died. I'm encouraging you in this series, if you're on E in any of these gauges or all of these gauges, then hopefully in the next month or so, you begin to fill up. If you don't, you have a plan for it. Some of you I know right now have just walked away from a job or a job walked away from you and you're like this isn't the time to talk about financial margins. It's exactly the time to talk about it, and a plan for it that you would be full.

So, let's talk about rest, let's talk about this first physical gauge today. We are going to start with... If you have your Bible, turn to Genesis 2. I'm actually going to assign another chapter of the Bible, which is Genesis 1. You need to read Genesis 1 to understand why, in Genesis 2, we read that God rested. God did not rest on the seventh day because he was tired or because he was weary. God does not grow tired, he does not grow weary. He was not fatigued. He rested because the work was complete. And when you read Chapter 1, do you know what you read through that whole chapter? He created and he saw that it was good. He created and he saw that it was good. He created and he saw that it was good. And when you get to the end of that chapter, it says, He looked at all that he had created and he saw that it was very good.

What a rhythm for us in a week. As we talk today about a day for you and me to take a 24-hour period day of rest. Some of you are like, "Impossible. Wrong time for this sermon." As we talk about a 24-hour period of rest, recharging, plugging back in, getting full. As we talk about that, that you understand that at each day of the week you would come home after a hard day of work and be like, "It was a good day. I worked." And just because of the work, it was a good day. At the end of the week, you take a day, whenever that day is... For Amy and I it's Monday. It will start today about 3:00pm. I'll question everything about my life from 12:44 to 3:00pm. And then at 3:00 to 3:00pm tomorrow, we are pretty much unplugged from everything that we've been plugged into, and we are plugged into the true and only source of life and just recharging. But all throughout the week, we are able to say it's good, it's good, but in that one day, we go, "It's very good."

Here's what we read. **2 By the seventh day God had finished the work...** So, what do we see? Rest comes after work. If you are applying for a job this week, don't ask if you can have time off in the first month. Not a good first strategy for an interview. Put some time in, work, ...**he had been doing; so on the seventh day he rested from all his work.** Again, not because he was tired, fatigued, or weary. **3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.**

Now, this is your Creator, the one who created you in his image. And he knows the rhythm of life you need. He knows the rhythm of life I need. So, today what we are talking about is going to hit some of us with we think we know better what we need. We think we can just work through it for the next couple of months in a busy season. We'll just work ourselves to death and then vacation. Some of you live your whole career this way. "I don't need rest; I need retirement." And you work, work, work, never understanding the rhythm of rest in a weekly pattern in your life, and you waited until retirement. Today, we're talking about the rhythm that God created when he created you and he created me.

2. God commanded rest for his people. he knew we would rebel against this. You need to know this is the longest of the ten commandments and it's right there with *thou shall not commit adultery* and *thou shall not murder*. *thou shall rest*. Here's what we read. **"Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work...** I want to pause there for a second. It's not going to hurt any of you to work six days out of seven. Some of you are like, "I can't make it on five days alone. It's not enough for my family." You may need the side hustle for a sixth day. Some of you are like, "I get two days off a week." Good, that's great for you, but today we're talking about finding the one. You may need to work six, **10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 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.** Exodus 20: 8-11

Now, for the orthodox Jew, Sabbath is on Saturday. We worship on Sunday. But today, I don't want you to get caught up on the day of the week, we need to get caught up on rest. The issue here is rest. There are some of you right now... I'm thinking about the teacher that's going, "This couldn't be worse timing. You know good and well we just started back at school. I don't need this talk right now." This is exactly when you need this talk. Farmers in here, you retired from farming, but you know during the harvest

season you're like, "That's seven days a week, Ted. That's sun up to sundown, and that's lights on the tractor at night. You do what you have to do."

Look what it says in Exodus 34: 21, **21 "Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.**

There's an entertainer in here right now going, "You know good and well we're entering into bus season. And next week, we're starting Christmas practice. This is a horrible time to talk about resting a day." This is the perfect time to talk about resting. Why? Because some of you are going to lose your voice in October or November, and you are going to go visit Travis Brawner for steroids because you know it brings your voice back right away. And you're going to do something because Ted, we have a crowd and the show must go on." And what is Travis going to tell you? He's going to say, first and foremost, before any immediate fix, he's going to go, "The best thing for your voice right now is rest." Think about the laws that we have in our country. If you ever go by a truck stop at night, a rest area, I've been by rest areas. The lights are on everywhere. It has been mandated that they rest because if they don't, they'll kill somebody.

So, our rhythm of rest is weekly, not seasonal. Teachers, you need this message now. Entertainers, you need this now. This won't be a message an entertainer in our town needs in January, watching from Cancun. But it's the first thing some of us need to get out of our minds with the rhythm that God has placed in you, thinking a vacation will solve my problems. No, weekly rest will solve your problems. Weekly rest will charge you back up so that you can do your work more effectively, so that you can worship.

"What should I do, Ted, on the day that I take for rest?" Enjoy God, his creation. We live in a perfect place for this. I hope you go out on the lake today. Some of you are off tomorrow on a paid holiday. Look around, as I'm going to do, and go "this is good. What he made is good." How many sunsets do we get in this town? We were showing them on the screen back here. Look at the sunset over Table Rock and go, "This is good." So, enjoy God, his creation, and each other. We're not legalistic about this because we're not tied to day. We are tied to Jesus. Remember, Jesus didn't come to abolish the law, he came to fulfill the law – big difference.

Watch what we read in Mark 2: 23-24. **23 One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"** And then Jesus gives this teaching in Mark 2: 27-28. NLT **He said to them, "The Sabbath was made to meet the needs of the people, and not people to meet the requirements of the Sabbath.** Now, you could end there, but you have to see Verse 28 because this is the key. For those of you with a restless soul right now, an empty, restless relationship, marriage right now, and you don't know what to do with the restlessness that you are experiencing, Jesus is the rest for your restlessness. And that's why he says, **"28 So the Son of Man is Lord even over the Sabbath."** He's saying to the Pharisees, "Your Sabbath rest is standing here in this grainfield before you. I am the rest." God rested from his work, he commanded rest for his people, and that's why margin is so important. When you get into the rhythm of rest, you're going to see the value of margin for all the other days.

Margin means room to breathe. It's a little reserve in the tank. For those of you who just cheered, which is the majority of the church, that you love to run with the gas light on and see how far you can go, no, margin is I got a half a tank. I have a little bit that I am able to do what I need to. One of my favorite definitions in the Hebrew for salvation is *room to breathe*. When I think of my salvation in Christ alone, I take a deep breath because it's not about your works. It's not about what you can do or what I can do. He did it on my behalf and when I think about my relationship with Christ, I have room to breathe. What did the Pharisees do? They suffocated people. What do legalists do? They suffocate people, but Jesus gives us room to breathe.

I love this illustration of the balloon because you and I say yes to too much. We say yes to our kids too much. Comedian Tim Hawkin says we need to get better at telling our kids no. "My kids like to call me Dr No." He said there are a lot of creative ways to tell you kids no. When they come in and ask for the keys, you're like, "yeah, let me see what you got. No." "Ennie, meenie, miney, No." "eieiNo" "This old man, he said, No" So many creative ways to say no. But we are good at saying yes, so imagine your life and your day like this balloon. We just started back to school, so I know what the morning routine is. Yes, yes yes. (Air in the balloon) Got practice after school. (More air in the balloon) Guess what we get to do Saturday? All day on a field on bleachers. (More air in the balloon) Tuesday's free, let's go to your parents' house. (More air in the balloon. I used to do this illustration where I tried to explode the balloon and I couldn't teach for five minutes after I blew it up that much. I don't have COPD, but I couldn't breathe. But that's yes. And we are great at saying yes. We can fill up our time, fill up our schedules, fill up the balloon, but you know what the greatest sound you are going to hear all day is? Letting air out of the balloon. Every time you say no, a little air comes out of the balloon.

But that's not how we live. In America, we get things done and we need to fill our days. Do you know what Sabbath is? We say yes all week, but Sabbath is letting all the air out of the balloon.

I hope you get that for your Sabbath. I hope you find 24 hours. If it's not this week because you've already scheduled the week... but again, it's okay out of this series that you make a plan. And what's our 24 hours? Where are we going to let the balloon go? Margin means room to breathe and it's the gap between your load and your limit. You know what your limit is. Whenever I see a child melting down in public, do you know what that is half the time? I don't judge the parents, but I know that child has exceeded their limit. They didn't get a nap.

I remember years ago, when we were starting the church and we would go out to lunch with people after services, we only had one and then we went to two. I would always try to find the family with the child in bad need of a nap because I knew it was going to be a chaotic, crazy lunch, and I could sit there and judge them the entire lunch. I would love to say, "I would never let my kids act like that." But, the joke, yes, they're acting like that because they're tired. They got no emotions left to process this day.

You and I do this all the time with our lives. I think about going to the airport, getting ready for a trip. My suitcase is 50 pounds. I think I'm up to 70 pounds now. They'll let me have 70 pounds in a bag. I told my family, "We're gone for one night. You don't need 50 pounds of nothing. But what do we do when you get there. I don't know if you've seen this. I see it every time I go to the airport. They pop that suitcase up on the deal and there's that little read out and it says 48. The joy that fills a person's soul when they see 48... But your mind set doesn't go, "Good, yes!" No, I'm immediately looking to all

my carryon going I've got two more pounds to play with, what can we stuff in there. We do that all the time. Instead, just say no. You're like "well I've got a block of time now. I've got some free time that I don't have to do anything, and someone says, "Hey, do you have time?" The answer is no. You're like well that's a lie. I do have time. No, you don't. that is margin that you are building into your life.

Have you ever met a workaholic? Maybe you were a workaholic. You know that busy people, workaholics, are broken people. There's something going on that they don't want to talk about, they don't want to address, and they attack their work in a way where they feel like they are God, and this company won't go on without them. "I have to put in 8 hours every day, seven days a week." Congregation, friends, family, can I encourage you. Let's stop bragging about our busyness and start confessing our brokenness. When we're like, "Hey, I know I'm not getting sleep right now, but it's just a season." You hear it all the time. For some of you, that's the line you've had for 20 years. "We just got to get through this season. We get through this season, then I'll be able to sleep and get that 7 or 8 hours. But not right now. I can't do it right now." Something is broken. Something needs to be addressed. Another gauge needs to be looked at.

Let's talk about work for a second because it's important to understand yes, work comes at the end, but let's start with this because there are business owners in here right now texting people, "Do not come to the 11:45" to their workers. "You don't need this message. See you tomorrow morning." Or they are saying, "I know we were going to take Labor Day off, but we're working. See you at 6:00.

3. Hard work allows us to eat. And all God's people said... Amen. Proverbs 16: 26 says, ***The appetite of laborers works for them; Why? Because they keep working. Their hunger drives them on.*** If you want to eat, you have to work. I think some of us are struggling right now figuring out... I was watching this video of these people working that fast and I'm like, *let's import some people.* This guy was throwing blocks up. I've never seen that. But the problem in the last couple of years, when everybody was getting handed checks, it just demotivated all of us. Well, what do we do about it? If we just stop giving people money and let them be hungry, they'll get to work.

4. Rest follows hard work After you've been productive, you can sit back and go, that's good. And then be recharged for the next week, be ready to go for the next week. We looked at this in our Ecclesiastes series. ***The sleep of a laborer is sweet...*** I don't know what kind of vacation you take, but if you've ever been on a vacation where it's just like beach or pool time and you nap 2 or 3 hours by the pool, and then you go to bed at your normal bedtime on vacation and you're just staring at the ceiling. You're not tired. You haven't worked. But if you do a city vacation where your wife walks you 12 to 15 miles a day or you go to theme parks, then you can rest. There is something about the sleep and the rest of the one who has worked hard.

I also want to talk about your boss for just a second. ...***whether they eat little or much, but as for the rich, their abundance permits them no sleep.*** Ecclesiastes 5:12 I think sometimes you look at your boss and your like, "He just sits in that office, she's just standing over there; she ain't doing anything. I'm doing all the work." You don't see them on the end of the bed at 1:00 am trying to figure out how much of their line of credit they need to take to make payroll. It's a lot. That's why he says, "Their abundance permits them no sleep." I have friends that have owned companies with three, four, five hundred employees. I've had lunch with them, and I just seen it all over them.

They weren't their normal selves because there was just so much on their plate and the emotional stress that was on them to make payroll.

I love after a hard days' work, after maybe some struggles at work, maybe some difficult meetings, to lie down at night and go that was a good day. Not because it was easy, but because we worked. '

5. Too much rest makes you lazy and poor. I put this in here for all the employers. Every time I do a message like this, it's like, "Man, I've got a lot of people that did not need to hear that message this morning. Proverbs 20; 13 says, ***Do not love sleep or you will grow poor.*** So, there's a balance in what we're talking about today. Too much food makes you a glutton. Too much wine makes you a drunkard. Too much rest makes you lazy and poor. ***Stay awake and you will have food to spare.***

6. Jesus valued and modeled rest. everything we are talking about today, Jesus practiced, and he showed to his disciples. ***30 The apostles gathered around Jesus and reported to him all they had done and taught.*** Again, at our church, our passion is church health, not church growth, and we've seen a lot of growth in the last few months. About 550 new people have started coming to our church or just started coming back. We don't know, but we've gone from like 2,000 to like 2,550 over the summer. ***31 Then, because so many people were coming and going...*** So, when ministry starts happening and a lot is going on, you think this is the time to dig in and go even harder, but watch what Jesus says. ***did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."***

I want you to hear Jesus saying that to you this week. "For the restlessness in your soul, get alone a little bit with me. Open your Bible, read, hear from me. Just be quiet."

We don't do well with quiet, do we? If I were to stop talking right now for 30 seconds and say nothing, you all would think it was awkward. We're not good with that. Get alone to a quiet place. Jesus valued it, he modeled, it.

7. Jesus is our rest. This is why we don't get caught up on a particular day of the week. Mathew 11: 28-30 says... We had a gentleman accept Christ in the first service. When I heard that, I just immediately thought *He just entered into a rest he has never experienced.* I don't know what relational chaos, what marital chaos, what family relationships have been severed and broken through his actions. I don't know the financial mess that he's in. I don't know the emotions, but I know he has found rest. He's found true rest. Jesus says, ***28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."***

This is where you grab the charger. You don't let the battery get too empty and be like, "Well, I guess I'm done." No, it's time to recharge. It's time to plug into the true and only source of life and find the rest for your soul ***30 "For my yoke is easy and my burden is light."***

I know you hear me tell stories of Gary Smalley a lot if you've been here for a while. If you are brand new, he was a mentor of mine who loved to talk about the gauges.

When we started the church over 21 years ago, Gary would constantly be doing a checkup with me. He was a counselor, a coach, a friend, an elder, and he was always looking at the gauges. In 2007 – 2008, going through all that financial mess, our church was also going through a split. It was painful, difficult. I'll be honest with you. Amy and I were looking at houses in Phoenix, Arizona. Considering taking another job. Just wanted to flee from the Ozarks, flee from the mess going on here. I just remember Gary sitting down with me time and time again. I look back on pictures from that season and I was not healthy, and Gary knew it. He was one that could step in on many a drives. He would look at me and go, "You know you're not at a healthy place right now." I remember he just kept saying to me, "I want my pastor to be healthy. So, let's walk through it."

Gary would walk through sleep, and he would walk through finances, and he'd walk through emotions. He was there. You want to talk about a Paul/Timothy relationship, I had never experienced anything quite like it in my life. But every time I think about it, I think of everybody I'm looking at right now and everybody I see out in courtyard. I want you to have somebody like that. This is why it's so important. I'm just done with people telling me biblical community and the gathering of the saints is not important. You're a fool because you don't know what you're missing. You don't know what you're missing with someone walking alongside you going, "Hey, you're not healthy right now. And your kids aren't getting the best of you. Your spouse isn't getting the best of you."

"You're not working enough." Let somebody tell you that. You're 40 years old, working 20 hours a week is not paying the bills. You need to get a better job. Or you need to ask for more hours. You need a side hustle. I've seen you in church once a month. Let an older, wiser man or woman in this church come alongside you and say, "It's time for you to get serious about your wellness because you'll never be effective in ministry without it."

I remember Gary, at my lowest and at the bottom, Gary saying, "Ted, I believe it's going to take you two years to get healthy." I'm like, "What do you know?" I didn't say that to him, but that's what I felt a lot of times with him. And he was wrong. It took about four years. But he knew. I'm convinced I wouldn't be here right now if it wasn't for that man checking on the gauges for me.

There are young people in here who have parents that could help you with the gauges and you're being stubborn. You're not letting them help you get healthy. Lean into that. They have your best interests in mind.

Some of you have a boss who walks with the Lord, loves Jesus, and they can help. But you're being stubborn at work, and you won't lean in and listen and let them help with the gauges.

I hope you plug in and lean in and connect with this series for your encouragement, for your health, so that God can continue to use you as he continues to use this church to meet the needs of those in our community and around the world.

Father, give us wisdom, give us discernment. There are a lot of people in here right now. There are so many people in here right now that are on empty. All five gauges are a warning light, an indicator telling them this is not good; you're about to crash. That today would be a wake-up call for them so that they would understand the need for rest.

For some of them, that's where they're starting with the gauge. They realize they run too hard, they say yes to too much, and they need to start saying no, they need to plan a 24 hour not day off, but day of rest where they connect with you, enjoy you, your creation and each other.

For the one who has never placed faith in Jesus, that today would be the day of their salvation. We pray that more would find rest in Jesus, that they would confess with their mouth and believe in their heart that they would be saved and enter into a rest that is so inexplicable that they can't even understand. But they know he has a name, and the name is Jesus.

We pray this in the authority of that good name. And everyone agreed and said... Amen.

