



## 10X Your Life

Pt. 4 – “Why More Hustle Doesn’t  
Always Lead To More Success”

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*“It is useless for you to work so hard from early morning until late at night,  
anxiously working for food to eat; for God gives rest to His loved ones.”*

Psalm 127:2 (NLT)

### **GOD’S ANTIDOTE TO ANXIETY & EXHAUSTION FROM HURRY & WORKAHOLISM IS THE SABBATH.**

*“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”*

Exodus 20:8-11 (NLT)

### **SABBATH IS A DAY WHEN YOU ACT LIKE THE WORK IS DONE, EVEN IF IT ISN’T.**

### **SABBATH IS A DAY WHEN YOU REMEMBER WHO GOD IS, AND WHO YOU AREN’T.**

### **SABBATH IS A DAY WHEN YOU REMEMBER THAT YOUR HIGHEST VALUE AS A PERSON ISN’T IN WHAT YOU PRODUCE.**

*“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. Remember that you were once slaves in Egypt, but the Lord your God brought you out with His strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.”*

Deuteronomy 5:12-15 (NLT)

### **SABBATH IS SOMETHING YOU HAVE TO REMEMBER...BECAUSE YOU WILL NEVER ACCIDENTALLY GET ENOUGH REST.**

1. **DISTRACT DAILY.**
2. **WITHDRAW WEEKLY.**
3. **QUIT QUARTERLY.**
4. **ABANDON ANNUALLY.**

*“Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.””*

Mark 2:27 (NLT)

*“Then Jesus said, “Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest.””*

Matthew 11:28 (NLT)