**MARK 8:31-36 (NLT)**

31 Then Jesus began to tell them that the Son of Man must suffer many terrible things and be rejected by the elders, the leading priests, and the teachers of religious law. He would be killed, but three days later he would rise from the dead. 32 As he talked about this openly with his disciples, Peter took him aside and began to reprimand him for saying such things.

33 Jesus turned around and looked at his disciples, then reprimanded Peter. “Get away from me, Satan!” he said. “You are seeing things merely from a human point of view, not from God’s.”

34 Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. 35 If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. 36 And what do you benefit if you gain the whole world but lose your own soul.”

“*When we spend our lives working toward financial security, when all of our time and energy goes into carving out better lives for ourselves or our children … at the end of our lives we will come to see we lost what really mattered.*”

– Mark Tabb (Living With Less)

**EXODUS 20:8**

(KJV) “Remember the Sabbath day by keeping it holy.”

(AVM) “[Earnestly] remember the Sabbath day, to keep it holy (withdrawn from common employment and dedicated to God).”

**PSALM 46:10 (NAS)** “Cease from striving and know that I am God.”
Hebrew “Sabbath” literally means: “intermission”

Webster’s definition: “an interval of time between periods of activity”

**Cardinal Sabbath rule: Don’t do what you always do!**

Cease from (striving) at ____________________________________________________________.

- Whatever is **different from your daily routine.**
- Whatever **gives you rest.**
- Whatever **fills you up and rejuvenates you.**

Don’t know what fills you up? Do the opposite of what drains you.

How do you create a habit?  
**ONE CHOICE** at a time.

“One’s philosophy is not best expressed in words. It is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility.” — Eleanor Roosevelt
Nurturing Your Child’s Spirit:

“It is amazing to me how some parents can spend thousands of dollars and go to any length of political manipulation to make sure that their child is well prepared educationally. Yet, for the most important preparation of all, for life’s spiritual battles and finding real meaning in life, a child is left to fend for himself and made easy prey to (every other voice).” — Dr. Ross Campbell (How to Really Love Your Child)

Practical Ways to Nurture Your Child’s Spirit

1. Keep First Things First

2. Limit the Chaos

3. Stay in Tune to Personalities & Personal Capacity

For Further Study:
- Exodus 31:12-17
- Isaiah 58:13, 14
- Jeremiah 17:5-27
- John 4:4-14
- Hebrews 4:9-16
- Psalm 90:8 (AMP) “Our iniquities, our secret heart and its sins [which we would so like to conceal even from ourselves], You have set in the [revealing] light of Your countenance.”