

# SERMON NOTES:

## *Respect Time* Exodus 20: 8-11

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### What would your Sabbath look like?

- Attend and serve at one worship experience
- Eat a meal with someone you enjoy spending time with
- Take a walk and reflect on God and His beauty
- Families play a game together without the TV
- Read Scripture, pray and reflect on what God is saying to you
- Take a nap
- Use your phone only to call someone you love
- **NO EMAILS, NO TEXTS, NO SOCIAL MEDIA!**

### Here's your assignment should you choose to accept it:

Design your own Sabbath experience for yourself, your family.  
Take one Sabbath day a week for the next month and  
let us know how it changes your life! [#sabbathrest](#)

This week's speaker is Senior Pastor Dale Hummel. This weekend, we continue the series *Respect What?* with the message *Respect Time*. You may view past sermons at [wooddale.org/sermonarchive](http://wooddale.org/sermonarchive).