

MESSAGE NOTES

SHAPE UP (Part 7) Catch Your Breath

February 27 & 28, 2010

Jesus said, A farmer went out to sow some seeds ... some seed fell on rocky ground, where there wasn't much dirt. That seed grew very fast, because the ground was not deep. But when the sun rose, the plants dried up, because they did not have deep roots."

Matthew 13: 5-6 // NCV

On the seventh day, having finished his work, God ceased from this work he had been doing, and God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Genesis 2: 2-3 // TLB

You have six days to do all your work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.

Exodus 20: 9-10 // GW

You have six days each week for your ordinary work, but on the seventh day you must stop working.

Exodus 23: 12 // NLT

Be imitators of God. Watch what God does, and then you do it.

Ephesians 5: 1 // The Message

Be still and know that I am God.

Psalms 46: 10 // NLT

Jesus said, When you make a promise, say only "Yes" or "No."

Matthew 5: 37 // CEV

When all the people in the synagogue heard these things, they became very angry. They got up, forced Jesus out of town, and took him to the edge of the cliff on which the town was built. They planned to throw him off the edge.

Luke 4: 28-29 // NCV

Become wise by walking with the wise; hang out with fools and watch your life fall to pieces.

Proverbs 13: 20 // The Message

Keep your eyes on Jesus, who both began and finished this race we're in. Watch how he did it, because he never lost sight of where he was headed."

Hebrews 12: 2 // The Message

Scripture Translation Guide
(NIV) New International Version
(NLT) New Living Translation
(NCV) New Century Version
(TEV) Today's English Version
(CEV) Contemporary English Version
(GW) God's Word
(AMP) Amplified Version
(JBP) JB Phillips
(LB) Living Bible
(MSG) The Message