

## Psalm Chapter 55 – I Need A Vacation!

You have been diligent and faithful in your walk with Christ, consistent at your job and a good provider for your family; but vacations are not part of your lifestyle. A week off is not appropriate or even possible. You've been grinding down to an unbearable halt and its starting to show. You've prayed and repeatedly stated "I Need A Vacation!"

*is this even a Christ-like request?*

### 1. I Need A Vacation – vs. 6, 7 (confessions of an overwhelmed King David)

#### a. David's Day Off

**Psalm 55:6** And I said, Oh that I had wings like a dove! **for then would I fly away, and be at rest.** **7** Lo, then would I wander far off, **and remain in the wilderness.** Selah. **8** I would hasten my escape from the windy storm *and* tempest.

#### b. Christ Called for a Cruise ship

**Mark 6:31** And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

#### c. Elijah's Exasperated Exhaustion (add current statistics)

**1 King 19:3** And when he saw *that*, he arose, and went for his life, and came to Beersheba, which *belongeth* to Judah, and left his servant there. **4** But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, **It is enough; now, O LORD, take away my life; for I am not better than my fathers.**

*does the Bible want me to take a day off?*

### 2. O.T. Requires Vacation & DayCation Days

#### a. The Sabbatic Year Leviticus 25:1-7, The Year of Jubilee 8-12

**b. Sabbath Day Exodus 20:8** Remember the sabbath day, to keep it holy. **9** Six days shalt thou labour, and do all thy work: **10** But the seventh day *is* the sabbath of the LORD thy God: *in it* thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that *is* within thy gates: **11** For *in* six days the LORD made heaven and earth, the sea, and all that in them *is*, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

#### c. Lord's Sabbath

**Psalm 55:22** Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

**Matthew 11:28** Come unto me, all ye that labour and are heavy laden, and I will give you rest.

**Matthew 14:23** And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

**Mark 1:35** And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed. **Mark 6:46**

**Luke 5:16** And he withdrew himself into the wilderness, and prayed. **Luke 6:12**

*what is a Daycation for people like me?*

### 3. Practical and Physical DayCations

#### a. What Do You Like Doing?

#### b. Where Do You Like Going?

#### c. Who Do You Like Being With

### INCLUDE TIME WITH THE FATHER...

**Psalm 55:17** Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.

**Daniel 6:10** "...he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime."

**1 Thessalonians 5:17** Pray without ceasing.