

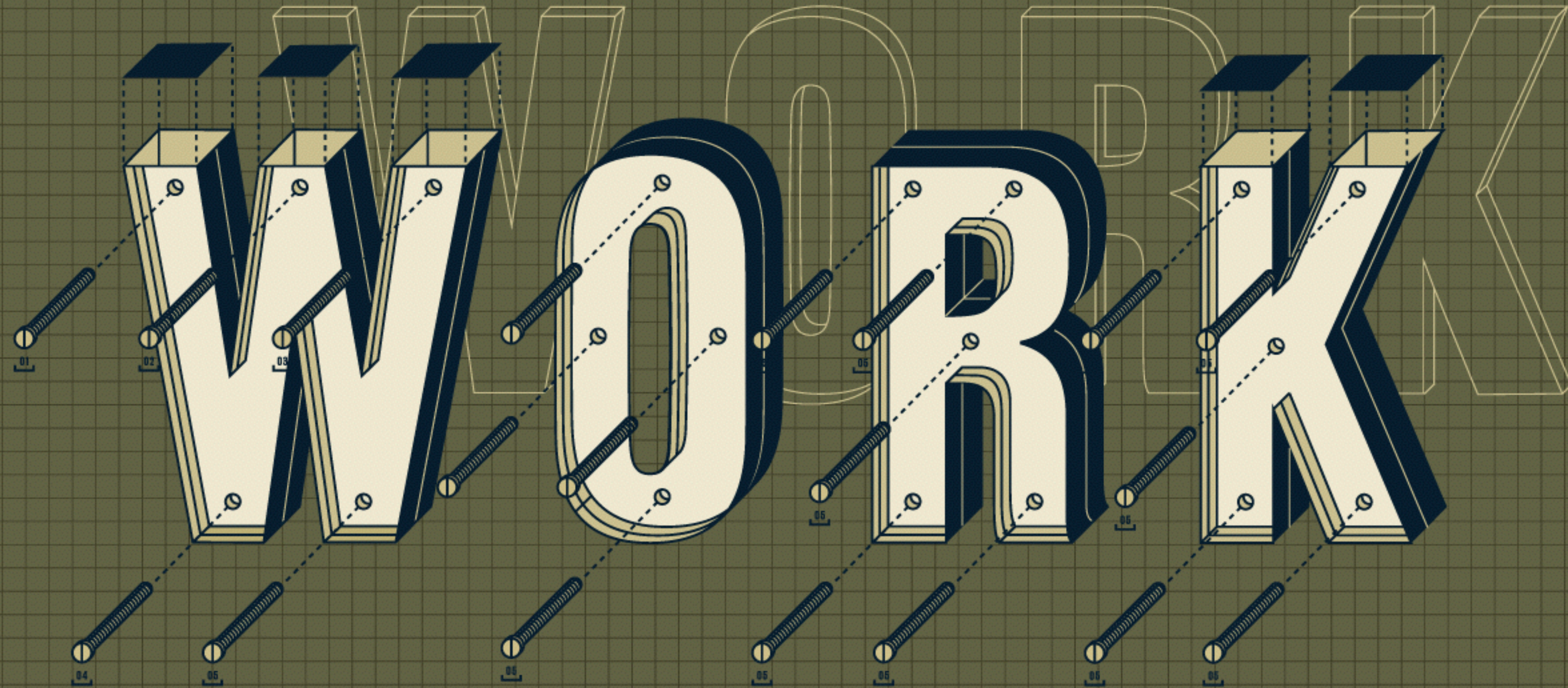
REMEMBER THE SABBATH DAY, TO KEEP IT HOLY. SIX DAYS YOU SHALL LABOR, AND DO ALL YOUR WORK, BUT THE SEVENTH DAY IS A SABBATH TO THE LORD YOUR GOD. ON IT YOU SHALL NOT DO ANY WORK, YOU, OR YOUR SON, OR YOUR DAUGHTER, YOUR MALE SERVANT, OR YOUR FEMALE SERVANT, OR YOUR LIVESTOCK, OR THE SOJOURNER WHO IS WITHIN YOUR GATES. FOR IN SIX DAYS THE LORD

**EXODUS 20:8-11**

MADE HEAVEN AND EARTH, THE SEA, AND ALL THAT  
IS IN THEM, AND RESTED ON THE SEVENTH DAY.  
THEREFORE THE LORD BLESSED THE SABBATH DAY  
AND MADE IT HOLY.

**EXODUS 20:8-11**





GOD'S PURPOSE IN OUR LABORS



# EXODUS 20

V. 8-11



( x 20 )



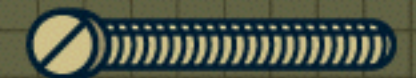


( x 20 )



# DEUTERONOMY 5

V. 15

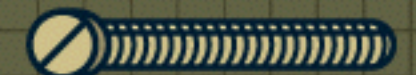


( x 20 )



YOU SHALL REMEMBER THAT **YOU WERE A SLAVE**  
IN THE LAND OF EGYPT, AND THE **LORD YOUR GOD**  
**BROUGHT YOU OUT FROM THERE** WITH A MIGHTY  
HAND AND AN OUTSTRETCHED ARM. **THEREFORE**  
THE LORD YOUR GOD COMMANDED YOU TO **KEEP**  
**THE SABBATH DAY.**

**DEUTERONOMY 5:15**



( x 20 )



CLARIFICATION #1:  
**THE SABBATH IS NOT  
JUST “A DAY OFF.”**

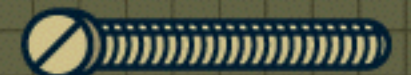


( x 20 )



CLARIFICATION #2:

**THE SABBATH IS NOT AN  
EXCUSE TO AVOID PEOPLE,  
OR HELPING PEOPLE.**



( x 20 )



# TIPS FOR PRACTICING THE SABBATH:

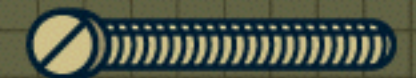


( x 20 )



# TIPS FOR PRACTICING THE SABBATH:

- MAKE A “TO CEASE” LIST.





## TIPS FOR PRACTICING THE SABBATH:

- MAKE A “TO CEASE” LIST.
- FILL THE SABBATH WITH THE BEST THINGS IN LIFE.





## TIPS FOR PRACTICING THE SABBATH:

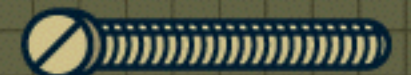
- MAKE A “TO CEASE” LIST.
- FILL THE SABBATH WITH THE BEST THINGS IN LIFE.
- PREPARE IN ADVANCE.





## TIPS FOR PRACTICING THE SABBATH:

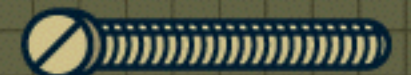
- MAKE A “TO CEASE” LIST.
- FILL THE SABBATH WITH THE BEST THINGS IN LIFE.
- PREPARE IN ADVANCE.
- DON'T BE SURPRISED IF IT'S DIFFICULT AT FIRST.





## TIPS FOR PRACTICING THE SABBATH:

- MAKE A “TO CEASE” LIST.
- FILL THE SABBATH WITH THE BEST THINGS IN LIFE.
- PREPARE IN ADVANCE.
- DON'T BE SURPRISED IF IT'S DIFFICULT AT FIRST.
- START SOMEWHERE.







( x 20 )



COME TO ME, ALL WHO LABOR AND ARE HEAVY  
LADEN, AND I WILL GIVE YOU REST. TAKE MY YOKE  
UPON YOU, AND LEARN FROM ME, FOR I AM  
GENTLE AND LOWLY IN HEART, AND YOU WILL  
FIND REST FOR YOUR SOULS.

**MATTHEW 11:28-29**



( x 20 )





( x 20 )