

THE GIFT OF SABBATH

Exodus 20:8-11 (page 74)

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“Remember the Sabbath day by keeping 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....”

Exodus 20:8

“Then he said to them, ‘The Sabbath was made for man, not man for the Sabbath.’”

Mark 2:27

How the Sabbath is Different

1. We _____ working

“So I hated life, because the work that is done under the sun was greivous to me. All of it is meaningless, a chasing after the wind.”

Ecclesiastes 2:17

“Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration, or a Sabbath day.”

Colossians 2:17

2. We _____.

“For in six days the Lord made the heavens and the earth, the sea and all that is in them, but he rested on the seventh day.”

Exodus 20:11

3. We _____ on the Lord.

“On the first day of the week we came together to break bread.” Acts 20:7

“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.”

Isaiah 58:13-14

*My message series, God's Blueprint for Living, is adapted from a message series given by Rick Warren, entitled 10 Values That Build Strong Families.