

**SABBATH**

# Sabbath

Exodus 20:8-11 (NIV)

**“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, neither you, nor  
your son or daughter, nor your male or female  
servant, nor your animals, nor any foreigner residing  
in your towns.....**

# Sabbath

Exodus 20:8-11 (NIV)

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.  
Therefore, the LORD blessed the Sabbath day  
and made it holy.

# Sabbath

Deuteronomy 5:12-15 (NIV)

**“Observe the Sabbath day by keeping it holy,  
as the Lord your God has commanded you.  
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, neither you, nor your  
son or daughter, nor your male or female servant, nor  
your ox, your donkey or any of your animals, nor any  
foreigner residing in your towns,  
so that your male and female servants may rest, as you  
do....**

# Sabbath

Deuteronomy 5:12-15 (NIV)

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the Lord your God has commanded you to observe the Sabbath day.

# Sabbath

**Jeremiah 17:7-8 (NIV)**

**“But blessed is the one who trusts in the Lord,  
whose confidence is in him.**

**They will be like a tree planted by the water  
that sends out its roots by the stream.**

**It does not fear when heat comes;  
its leaves are always green.**

**It has no worries in a year of drought  
and never fails to bear fruit.**

# Sabbath

**John 10:10 (NIV)**

**The thief comes only to steal and kill and  
destroy;**

**I have come that they may have life, and  
have it to the full**

# Sabbath

## Psalm 23 (NIV)

**The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.  
He guides me along the right paths  
for his name's sake.**



# Sabbath

**John 10:27-30 (NIV)**

**My sheep listen to my voice;**

**I know them, and they follow me.**

**I give them eternal life, and they shall never  
perish;**

**no one will snatch them out of my hand.**

**My Father, who has given them to me,  
is greater than all; no one can snatch them out  
of my Father's hand.**

**I and the Father are one.”**

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As **RESISTANCE** to the ways of the kingdom of this world

As **REST** for our body and soul – delighting in the goodness of  
God

As a way to **REMEMBER** our true identity – who we are in Christ

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*“I have  
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and life to  
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