



SABBATH REST

DECEMBER 27, 2020

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AMERICANS WORK **137** HOURS MORE PER
YEAR THAN JAPANESE AND **499** HOURS
MORE YEAR THAN FRENCH WORKERS.

INTERNATIONAL LABOUR ORGANIZATION



AMERICANS LEFT **768 MILLION** VACATION DAYS UNUSED IN 2018.

US TRAVEL ASSOCIATION, OXFORD ECONOMICS



AMERICANS LEAD THE WORLD IN TV WATCHING AT
4 HOURS 3 MINUTES PER PERSON PER DAY.

EURODATA TV WORLDWIDE





THE TEN COMMANDMENTS

1. Don't worship other gods
2. Don't make false idols
3. Don't disrespect God
4. Keep the Sabbath
5. Honor your parents
6. Don't murder
7. Don't commit adultery
8. Don't steal
9. Don't lie
10. Don't envy



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TWO KINDS OF REST



EXODUS 20:8-11 (NIV)

[8] “Remember the **Sabbath** day by keeping it holy. [9] Six days you shall labor and do all your work, [10] 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. [11] 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.



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GENESIS 8:3-4 (NLT)

So the floodwaters gradually receded from the earth. After 150 days, exactly five months from the time the flood began, the boat **came to rest** on the mountains of Ararat.



EXODUS 17:11 (NIV)

As long as Moses held up his hands, the Israelites were winning, but whenever he **lowered** his hands, the Amalekites were winning.



EZEKIEL 44:30 (NIV)

The best of all the firstfruits and of all your special gifts will belong to the priests. You are to give them the first portion of your ground meal so that a blessing may **rest** on your household.



REASONS FOR KEEPING THE SABBATH



REASONS FOR KEEPING THE SABBATH

Because God Set It Apart



EXODUS 20:11 (NIV)

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REASONS FOR KEEPING THE SABBATH

Because It Forces Us to
Trust God



EXODUS 16:27-30 (ESV)

On the seventh day some of the people went out to gather, but they found none. And the LORD said to Moses, “How long will you refuse to keep my commandments and my laws? See! The LORD has given you the Sabbath; therefore on the sixth day he **gives you bread for two days**. Remain each of you in his place; let no one go out of his place on the seventh day.” So the people rested on the seventh day.



EXODUS 20:10 (NIV)

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.



EXODUS 34:21 (NLT)

You have six days each week for your ordinary work, but on the seventh day you must stop working, **even during the seasons of plowing and harvest.**



REASONS FOR KEEPING THE SABBATH

Because It's a Chance to
Remember God



DEUTERONOMY 5:15 (NIV)

Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day.



HOW TO KEEP THE SABBATH



HOW TO KEEP THE SABBATH

Rest





HOW TO KEEP THE SABBATH

Grow



HOW TO KEEP THE SABBATH

Refresh

A close-up, soft-focus photograph of a person's hand and forearm. The person is wearing a white, textured garment, possibly a robe or a long-sleeved shirt. Their right hand is held palm-up, and a small, dark, circular object is resting in the center of their palm. The background is a warm, out-of-focus beige or light brown. The lighting is soft and directional, coming from the upper left, creating a gentle glow on the hand and the fabric.

MATTHEW 11:28 (NLT)

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.