

To follow after Jesus is to adopt his overall lifestyle as our own and arrange our daily life around his presence and peace. This does not begin with *doing*, it begins with *stopping*.

ideas of sabbath:

Hebrew *shabat* “sabbath” = _____

we cannot answer, _____ do I keep sabbath?

until we can answer, _____ do I keep sabbath?

days 1-3 — _____ :: days 4-6 — _____

day 7 — sabbath follows the
same pattern of _____

Sabbath – stop



Genesis 2:1–3 (NIV)

¹ Thus the heavens and the earth were completed in all their vast array.

² By the seventh day God had finished the work he had been doing; so on the seventh day he [sabbathed] from all his work. ³ Then God blessed the seventh day and made it holy, because on it he [sabbathed] from all the work of creating that he had done.

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 [sabbathed] on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Sabbath - stop

Genesis 2:1-3; Exodus 20:8-11



Understanding the Bible:

What is the problem being expressed in this Bible passage?

How does God show up in this Bible Passage?

What reason does God give for celebrating the sabbath day?

My favorite song today:

Things I will pray for this week:

Today's Bible Passage: Exodus 20:8-11

(Can you find the highlighted words?)

V D S A B B A T H M S M
 F Y A N I M A L S T E A
 T M R U F F D T L S V D
 M L A H G D R H T G E E
 U A S L N H G E L S N Y
 E B E R E S T R S K T L
 F O R E I G N E R T H O
 E R V S T L L F R A E R
 M B A I H B H O L Y A D
 A A N D E E A R T H V F
 L H T I R E M E M B E R
 E G G N S K E E P I N G
 Y U B G U N R T M T S V

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. 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**.