

10
WORDS

EXODUS 20:8-11

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⁸ “Remember the sabbath day, to keep it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. ¹¹ For in six days the LORD made the heavens and the 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.”

Focal Truth:

Spend a day each week with God in worship and rest.

1. Don't forget to take a day off each week to worship God and rest from work.

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 of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. Ex. 20:8-10

2. Make the day a holy day of worship to God publicly and privately.

Remember the sabbath day, to keep it holy. Ex.20:8

If because of the sabbath, you turn your foot from doing your own pleasure on My holy day, and call the sabbath a delight, the holy day of the LORD honorable, and honor it, desisting from your own ways, from seeking your own pleasure and speaking your own word, then you will take delight in the LORD, and I will make you ride on the heights of the earth; And I will feed you with the heritage of Jacob your father, for the mouth of the LORD has spoken. Is. 58:13-14

How to worship on the Lord's Day

- Go to church morning and evening – it's the Lord's Day!
- Spend the day with God individually and with family.
- Enjoy the presence of God.
- Meditate on God's word and ways.
- Practice personal evaluation – watch your heart.
- Read spiritual books.
- Practice Christian fellowship.
- Worship as a family.

3. Make the day a holy day to rest from work.

Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you.

Ex. 20:9-10

How to rest on the Lord's Day

- Worship God publicly and privately.
- Rest from your technology – turn off your devices.
- Rest from your calendar – clear the day for God.
- Rest your body – better to be fully asleep than half awake!

4. God revealed the blessing and holiness of a day of worship and rest.

For in six days the LORD made the heavens and the 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.

Ex. 20:11

Daily Use:

- Do you take a day off each week to worship God and rest from your work?
- Interrupt your work week with a day with God each week.
- God will bless those who take a day to be with Him.

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