



**commandments**





**"Remember the Sabbath"**  
**Finding True Rest**



## Exodus 20:8-11

"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 to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and 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."



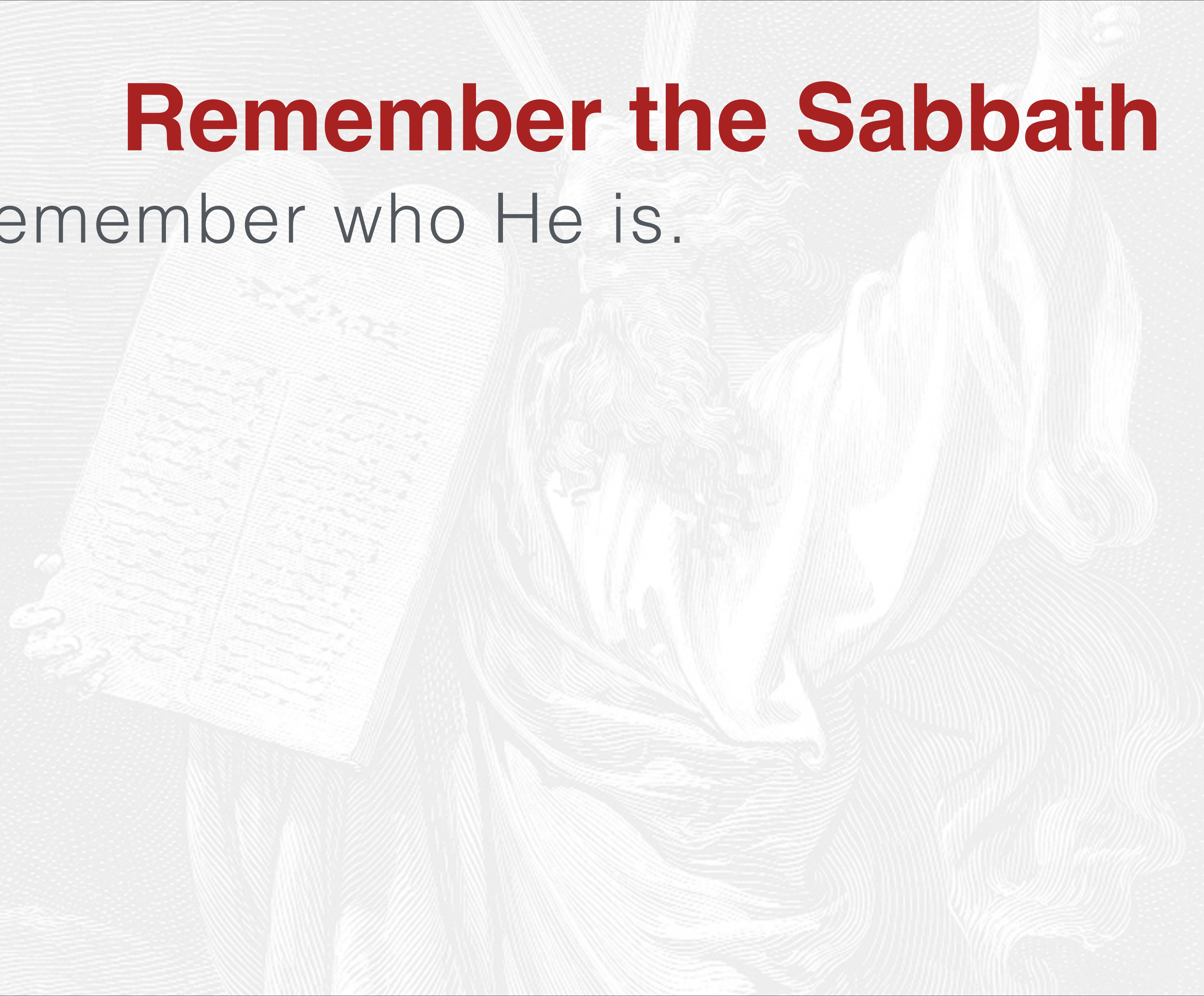
# Remember the Sabbath





# Remember the Sabbath

1. Remember who He is.





# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of *purposeful* rest.



# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of ***purposeful*** rest.
2. Remember what you are.



# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of *purposeful* rest.
2. Remember what you are.
  - The Sabbath is a day of *physical* rest.



# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of ***purposeful*** rest.
2. Remember what you are.
  - The Sabbath is a day of ***physical*** rest.
3. Remember whose you are.



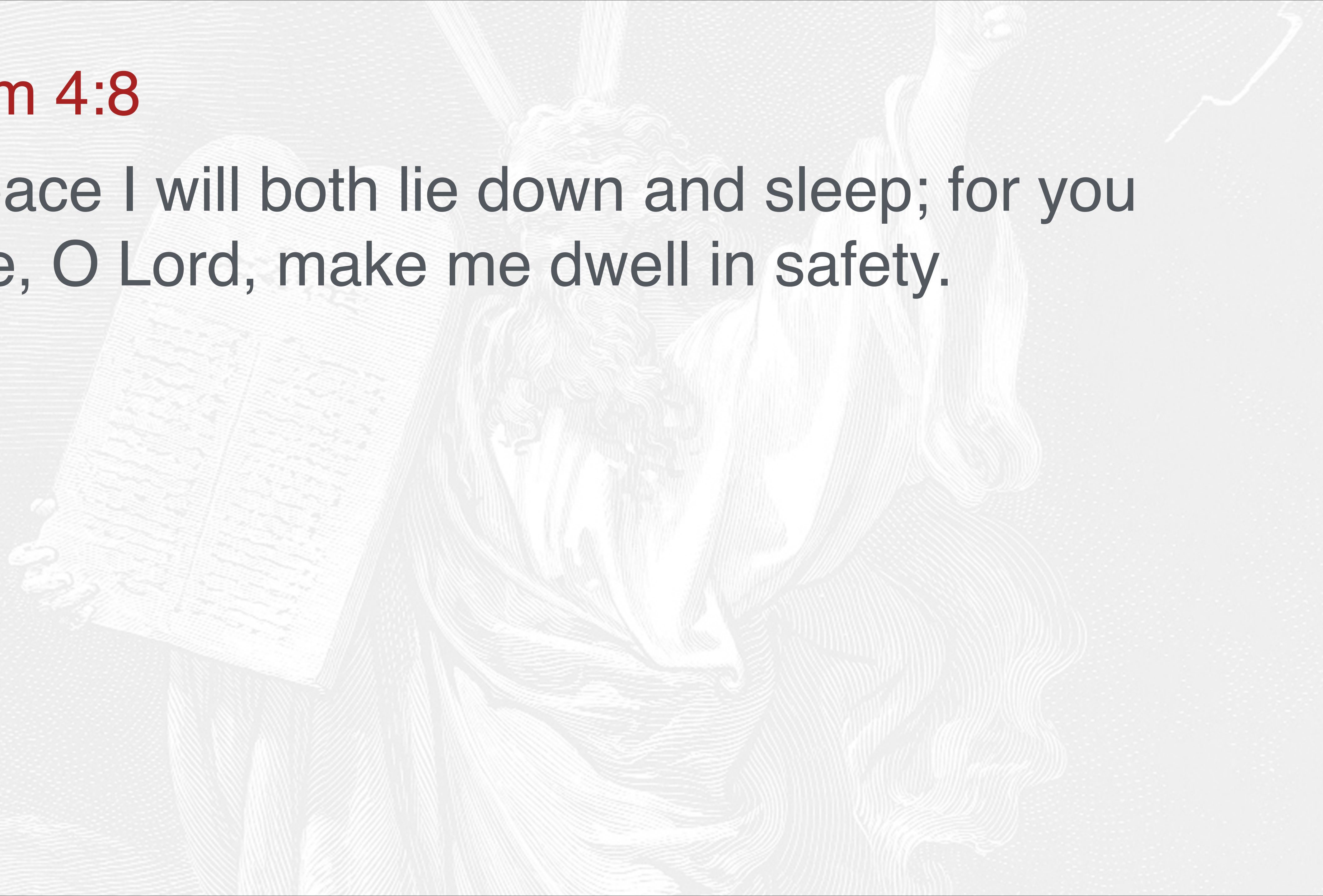
## Exodus 31:12-13

And the Lord said to Moses, “You are to speak to the people of Israel and say, ‘Above all you shall keep My Sabbaths, for this is a sign between Me and you throughout your generations, that you may know that I, the Lord, sanctify you.’”



## Psalm 4:8

In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.





# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of ***purposeful*** rest.
2. Remember what you are.
  - The Sabbath is a day of ***physical*** rest.
3. Remember whose you are.
  - The Sabbath is a day of ***soulful*** rest.



# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of ***purposeful*** rest.
2. Remember what you are.
  - The Sabbath is a day of ***physical*** rest.
3. Remember whose you are.
  - The Sabbath is a day of ***soulful*** rest.
4. Remember what He's done.



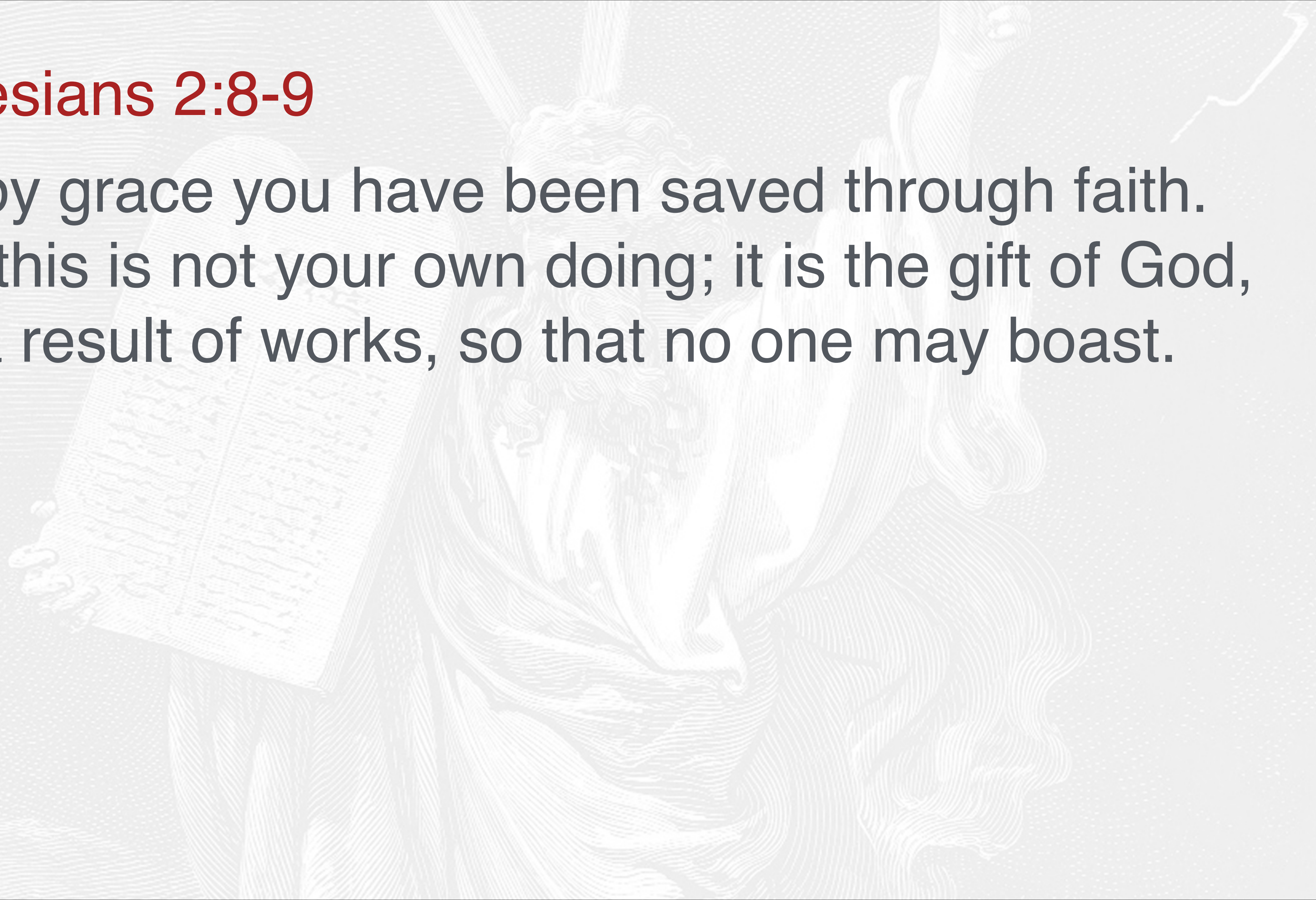
## Deuteronomy 5:15

You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.



## Ephesians 2:8-9

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.





# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of ***purposeful*** rest.
2. Remember what you are.
  - The Sabbath is a day of ***physical*** rest.
3. Remember whose you are.
  - The Sabbath is a day of ***soulful*** rest.
4. Remember what He's done.
  - The Sabbath is a day of ***Gospel*** rest.



# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of ***purposeful*** rest.
2. Remember what you are.
  - The Sabbath is a day of ***physical*** rest.
3. Remember whose you are.
  - The Sabbath is a day of ***soulful*** rest.
4. Remember what He's done.
  - The Sabbath is a day of ***Gospel*** rest.
5. Remember what's ahead.



# Remember the Sabbath

1. Remember who He is.
  - The Sabbath is a day of ***purposeful*** rest.
2. Remember what you are.
  - The Sabbath is a day of ***physical*** rest.
3. Remember whose you are.
  - The Sabbath is a day of ***soulful*** rest.
4. Remember what He's done.
  - The Sabbath is a day of ***Gospel*** rest.
5. Remember what's ahead.
  - The Sabbath is a day of ***hopeful*** rest.



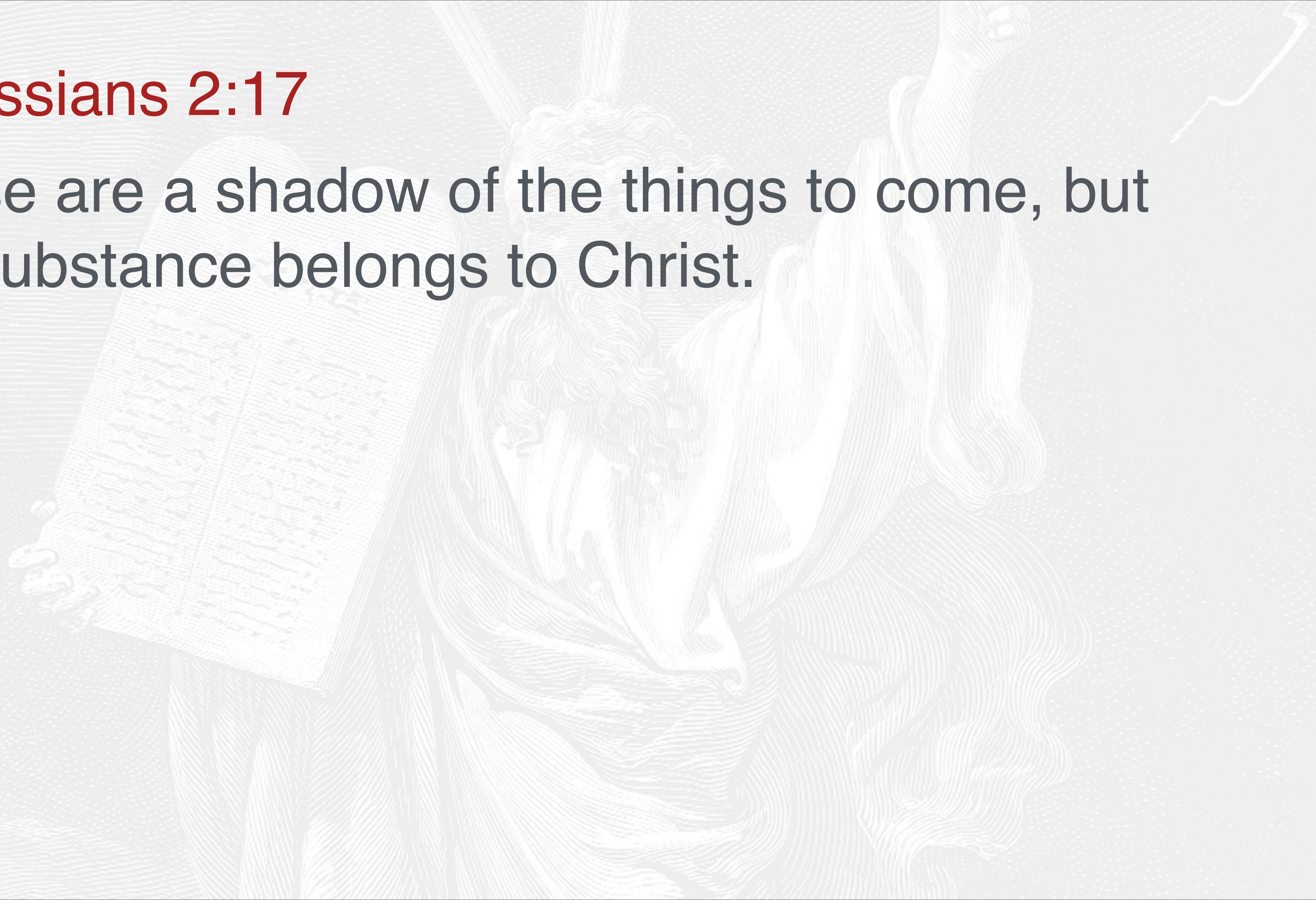
## Revelation 14:13

And I heard a voice from heaven saying, “Write this: Blessed are the dead who die in the Lord from now on.” “Blessed indeed,” says the Spirit, “that they may rest from their labors, for their deeds follow them!”



## Colossians 2:17

These are a shadow of the things to come, but the substance belongs to Christ.







**Sabbath rest is ultimately not a  
day, but a Person.**



## Matthew 11:28-30

Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.





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