

ALL ABOUT SABBATH

WHAT IS IT?



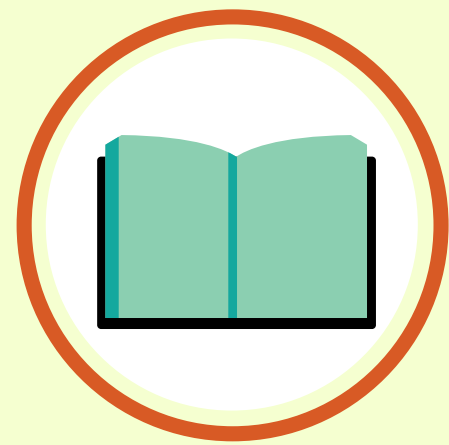
A weekly day (usually Sunday) dedicated to intentional rest and worship of the Lord.

WHY DO WE DO IT?

- 1) God Himself rested on the seventh day of Creation. We are made in God's image and designed to rest too.
- 2) God commanded us to remember the Sabbath day by keeping it holy. Holy means to set apart for a special purpose.

IN THE BIBLE

"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. 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.." **Exodus 20:8-11**



ALSO CHECK OUT: **Genesis 2:2-3**// **Mark 2:23-28**

NEXT STEPS



Hope MSM is a place where we love everyone and encourage each other to grow in our faith in Jesus. We are here every Sunday – in person and online – to connect together, to rest in God together, and experience the goodness God has for us in the Sabbath and keep it holy together.

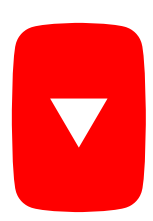
Talk to your parents about how your family can remember the Sabbath and keep it holy together.

- What can you do together to bring joy and relaxation?
- What can you do together to remember and worship God?

Love Belongs Here



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