

## ALIGNED WEEK 4: \_\_\_\_\_ 'S DAY OFF

*“Remember the Sabbath day to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.”* – Exodus 20:8-11 (NKJV)

*“Not have any gods before him. We don’t believe we should take God’s name in vain. We believe we should honor our mother and father. We believe we should not kill, steal, commit adultery, lie or covet.”* – Exodus 20:3, 7, 12-17

*“Listen, I understand that, you know, if your ox falls into a ditch on the Sabbath pull it out.”* – Luke 14:5

### **Three reasons God said to rest:**

1. \_\_\_\_\_.

*“Then he said to them, ‘This is what the Lord has said: “Tomorrow is a Sabbath rest, a holy Sabbath to the Lord. Bake what you will bake today and boil what you will boil, and lay up for yourselves all that remains to be kept until morning.”’ So they laid up the Manna as Moses commanded, and it did not stink, nor were there any worms in it. Now it happened that some of the people went out on the seventh day to gather, but they found none. And the Lord said to Moses, ‘How long do you refuse to keep my commandments and my laws? See for the Lord has given you the Sabbath. Therefore, He gives you on the sixth day bread for two days. Let every man remain in his place. Let no man go out of his place on the seventh day. So the people rested on the seventh day.’”* – Exodus 16:23-30

### **Sabbath – cease labor.**

*“Gather just what you need for one day, and I’ll provide for you every day.”* – Exodus 16:4-5

*“Six days you shall work, but the seventh day you shall do no work. It is a Sabbath rest to the Lord. It is a holy time.”* – Exodus 20:8-9

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2a. \_\_\_\_\_.

*“You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death. For whoever does any work on it shall be cut off from among his people. Work shall be done for six days but the seventh is the Sabbath of rest... holy to the Lord. Whoever does any work on the Sabbath day... He shall surely be put to death. Therefore, the children of Israel shall keep the Sabbath to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between me and the children of Israel forever. For in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.” – Exodus 31:12-17*

2b. \_\_\_\_\_.

*“Now while the children of Israel were in the wilderness they found a man gathering sticks on the Sabbath day. And those who found him gathering sticks brought him to Moses and Aaron and all the congregation. They put him under guard.” The Lord “said to Moses, ‘The man must surely be put to death. All the congregation shall stone him with stones outside the camp.’ So as the Lord commanded Moses, all the congregation brought him outside the camp and stoned him with stones and he died.” – Numbers 15:32-36*

*“And those who escaped from the sword he carried away into Babylon where they became servants to him and his sons until the rule of the kingdom of Persia. To fulfill the word of the Lord by the mouth of Jeremiah until the land had enjoyed her Sabbaths as long as she laid desolate she kept Sabbath to fulfill seventy years.” – 2 Chronicles 36:20-21*

3. \_\_\_\_\_.

*“Listen, I didn’t make you to serve the Sabbath. I made the Sabbath to serve you.” – Mark 2:23-28 (Paraphrased)*

**Reflect: How will you apply this teaching? What really stood out to you in this message?**

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