

“OBSERVE THE SABBATH DAY, TO KEEP IT HOLY, AS THE LORD YOUR GOD COMMANDED YOU. 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 OR YOUR MALE SERVANT OR YOUR FEMALE SERVANT, OR YOUR OX OR YOUR DONKEY OR ANY OF YOUR

DEUTERONOMY 5:12-15

LIVESTOCK, OR THE SOJOURNER WHO IS WITHIN YOUR GATES, THAT YOUR MALE SERVANT AND YOUR FEMALE SERVANT MAY REST AS WELL AS YOU. 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

DEUTERONOMY 5:12-15

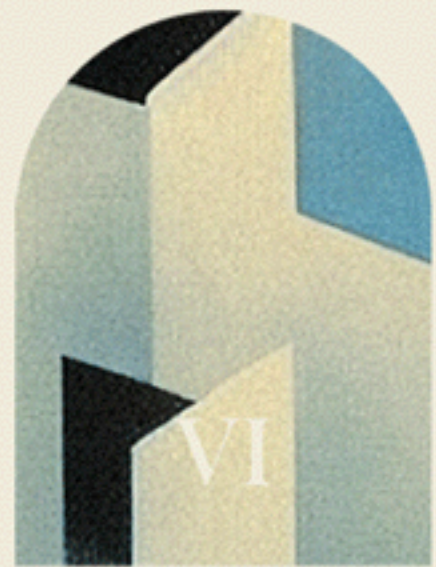
YOU TO KEEP THE SABBATH DAY.”

DEUTERONOMY 5:12-15



TEN COMMANDMENTS

EXPLORING THE WORLD OF RIGHT & WRONG



DEUTERONOMY 5

V. 12-15





REMEMBER GOD (UPWARD)



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- **(V. 14) ...THE SEVENTH DAY IS A SABBATH TO THE LORD YOUR GOD...**



REMEMBER GOD (UPWARD)

- **(V. 14) ...THE SEVENTH DAY IS A SABBATH TO THE LORD YOUR GOD...**
- **(V. 15) ...YOU SHALL REMEMBER YOU WERE A SLAVE...AND THE LORD GOD BROUGHT YOU OUT.**





REST (INWARD)



REST (INWARD)

- **(V. 14) ..ON IT YOU SHALL NOT DO ANY WORK..**





BE WITH GOD'S PEOPLE (OUTWARD)



BE WITH GOD'S PEOPLE (OUTWARD)

- (V. 14) ...YOU OR YOUR SON OR YOUR DAUGHTER OR YOUR MALE SERVANT OR YOUR FEMALE SERVANT, OR YOUR OX OR YOUR DONKEY OR ANY OF YOUR LIVESTOCK, OR THE SOJOURNER WHO IS WITHIN YOUR GATES, THAT YOUR MALE SERVANT AND YOUR FEMALE SERVANT MAY REST AS WELL AS YOU.





TIP #1
**MAKE A
“TO CEASE”
LIST**



TIP #2

**DON'T BE
SURPRISED IF
IT'S DIFFICULT
AT FIRST**



TIP #3
**START
SOMEWHERE**





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.

MATTHEW 11:28-29



