

15. KEEPING THE SABBATH



1. **ISAIAH 56:2**

The Sabbath can be both kept and treasured or polluted and desecrated

2. **ISAIAH 58:13-14**

There is a special blessing and promise if we cherish and honour the Sabbath

3. **GENESIS 1:5, 8, 13**

The Biblical day starts at sunset - therefore the Sabbath starts at sunset

4. **EXODUS 20:8-11**

We are not to work on Sabbath but to spend time with our Creator

5. **LEVITICUS 23:3**

Sabbath is a day of rest and fellowship with God and each other

6. **EXODUS 16:4-5, 21-26**

Friday is to be the preparation (cook, clean, etc) day for Sabbath

7. **HEBREWS 10:25**

Sabbath is a day we can join and unite in fellowship and worship

8. **MATTHEW 12:10-13**

It is lawful to do good on Sabbath - to alleviate pain and suffering

9. **NEHEMIAH 13:15-22**

We can defile the Sabbath by carrying out everyday activities on it

10. **MARK 2:27-28**

The Sabbath was created for our benefit - it is a day of rejoicing

11. **PSALM 55:22**

The Lord can sustain and provide for our needs if we obey Him

12. **MATTHEW 11:28-30**

Jesus gives true rest - the Sabbath is our appointment with Him

