

REMEMBER NOW THY CREATOR

INTRODUCTION

Doctors believe that we stress ourselves into disease and sickness due to lack of rest. In the short term we take vacations and have small “get aways”. Those things might rest the body for a moment, but what of your mind and spirit?

Sun's going down
Starts another day
Lay your burdens down
It's the Sabbath day.
Wish everyone was in this truth,
God made this day, for me and you.

By Mickey Embry

Memory verse: Leviticus 23:3 Six days shall work be done: but the seventh day is the Sabbath of rest, and holy convocation; ye shall do no work therein: it is the Sabbath of the LORD in all your dwellings.

BIBLE LESSON

Today we look at the Sabbath rest. God uses this day to help us remember that Yahweh is the creator. By Yahweh all things exist. We are to take the seventh day of the week to take the rest that God took Himself. It is an appointment we must keep in order to be holy.

God wanted us to remember: Gen 2:1-3, Exodus 20:8-12, Deut 5:12-15

Jesus rested on the Sabbath Day: Luke 4:16, Luke 4:31, Luke 6:6

Paul rested on the Sabbath: Acts 13:14-15, 44 Acts 17:2, Acts 18:4

LESSON 1

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REMEMBER NOW THY CREATOR (CONT)

APPLICATION

How will you and/or your family give honor to the Sabbath in your home?

Does this lesson give you more scriptures to explain the Sabbath rest to those looking for it?

What other scriptures could you add to make a convincing argument for Sabbath observance?