



Ten.Com

Number 4:
Exodus
20: 8 - 11

"Remember the Sabbath day by keeping it holy. Six days you shall labour 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 manservant or maidservant, nor your animals, nor the alien within your gates. 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."



Sabbath Day



There are two sides to this coin.....and most of us get one of them wrong at least!

Six days you shall work. One day is holy, and you must not work. Those of us who are lazy break the first bit, and the 'workaholics' break the second bit.

What is work?

What is rest?

What is a 'Sabbath'? ¹

Do you have one day of the week that is very different from the others? If so, what do you do that day?

Would you say that that day is a 'Sabbath to the Lord your God'?

Psalm 46 paints a picture of a world in turmoil. In the middle of it, we hear God's command to desist...to 'sabbath'.

God is our refuge and strength, an ever-present help in trouble. ² Therefore we will not fear, though the earth give way and the mountains fall into the

¹ The word literally means a 'ceasing' or to desist.

heart of the sea, ³ though its waters roar and foam and the mountains quake with their surging. Selah

⁴ There is a river whose streams make glad the city of God, the holy place where the Most High dwells. ⁵ God is within her, she will not fall; God will help her at break of day. ⁶ Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. ⁷ The LORD Almighty is with us; the God of Jacob is our fortress. Selah

⁸ Come and see the works of the LORD, the desolations he has brought on the earth. ⁹ He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire. ¹⁰ "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."¹¹ The LORD Almighty is with us; the God of Jacob is our fortress. Selah

Do you experience times of turmoil?

How easy do you find it to 'be still and know that I am God'?

Aim to make one day a week a time when you really do get a chance to know His peace in the middle of the turmoil all around!

www.lumin.org.uk