




**Sabbath
Amnesia**

⁸And Hilkiah the high priest said to Shaphan the secretary, "I have found the Book of the Law in the house of the Lord." And Hilkiah gave the book to Shaphan, and he read it.

2 Kings 22:8 ESV



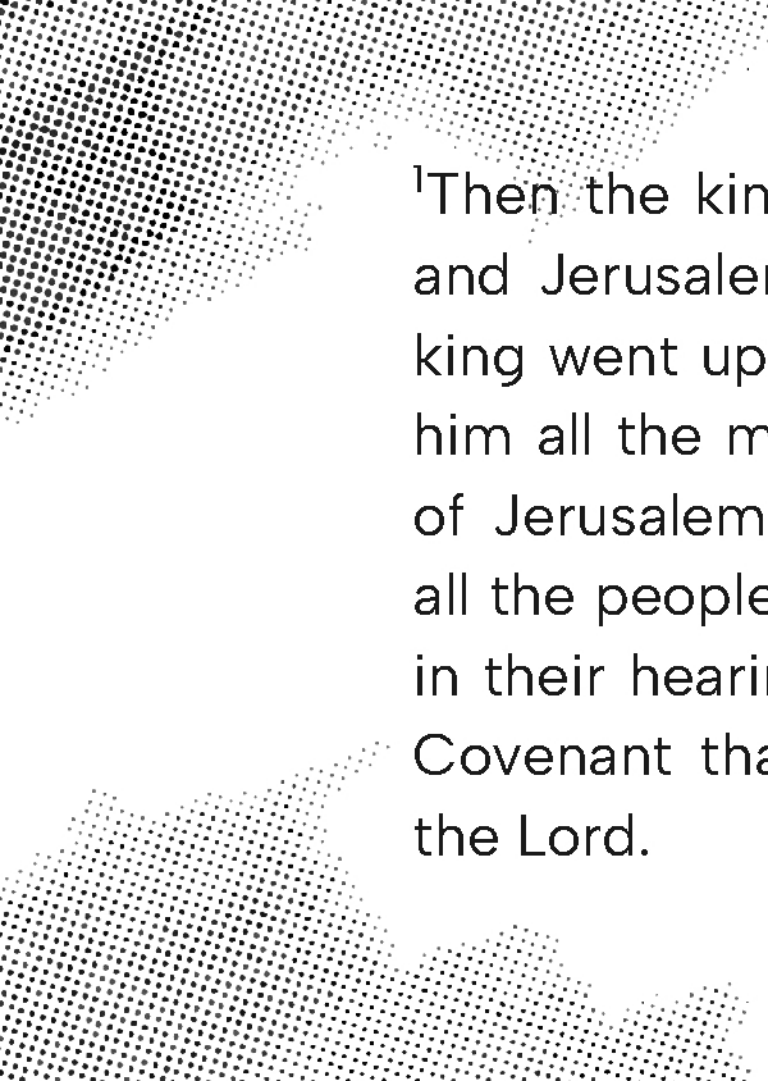
¹⁰Then Shaphan the secretary told the king, “Hilkiah the priest has given me a book.” And Shaphan read it before the king.

¹¹When the king heard the words of the Book of the Law, he tore his clothes.

2 Kings 22:10–11 ESV

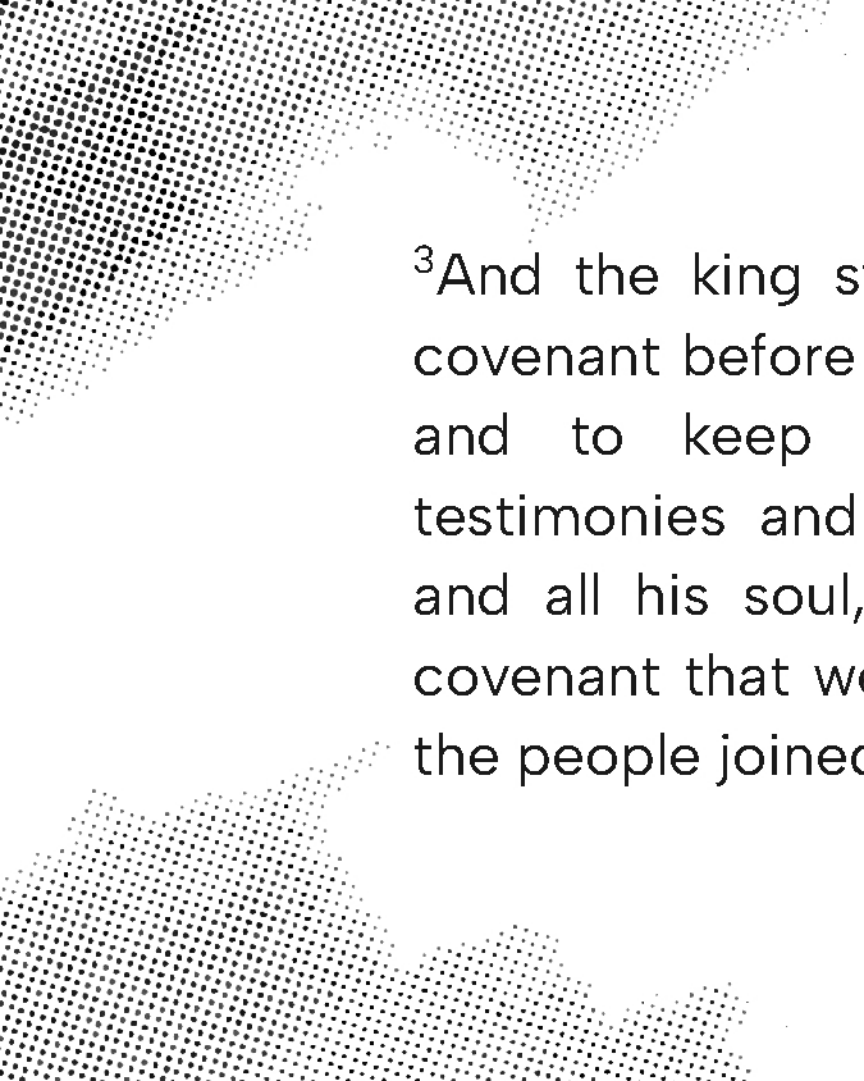


**It was like the people of God
had forgotten God's Word
and they had because most of
them had never heard it.**



¹Then the king sent, and all the elders of Judah and Jerusalem were gathered to him. ²And the king went up to the house of the Lord, and with him all the men of Judah and all the inhabitants of Jerusalem and the priests and the prophets, all the people, both small and great. And he read in their hearing all the words of the Book of the Covenant that had been found in the house of the Lord.

2 Kings 23:1–3 ESV

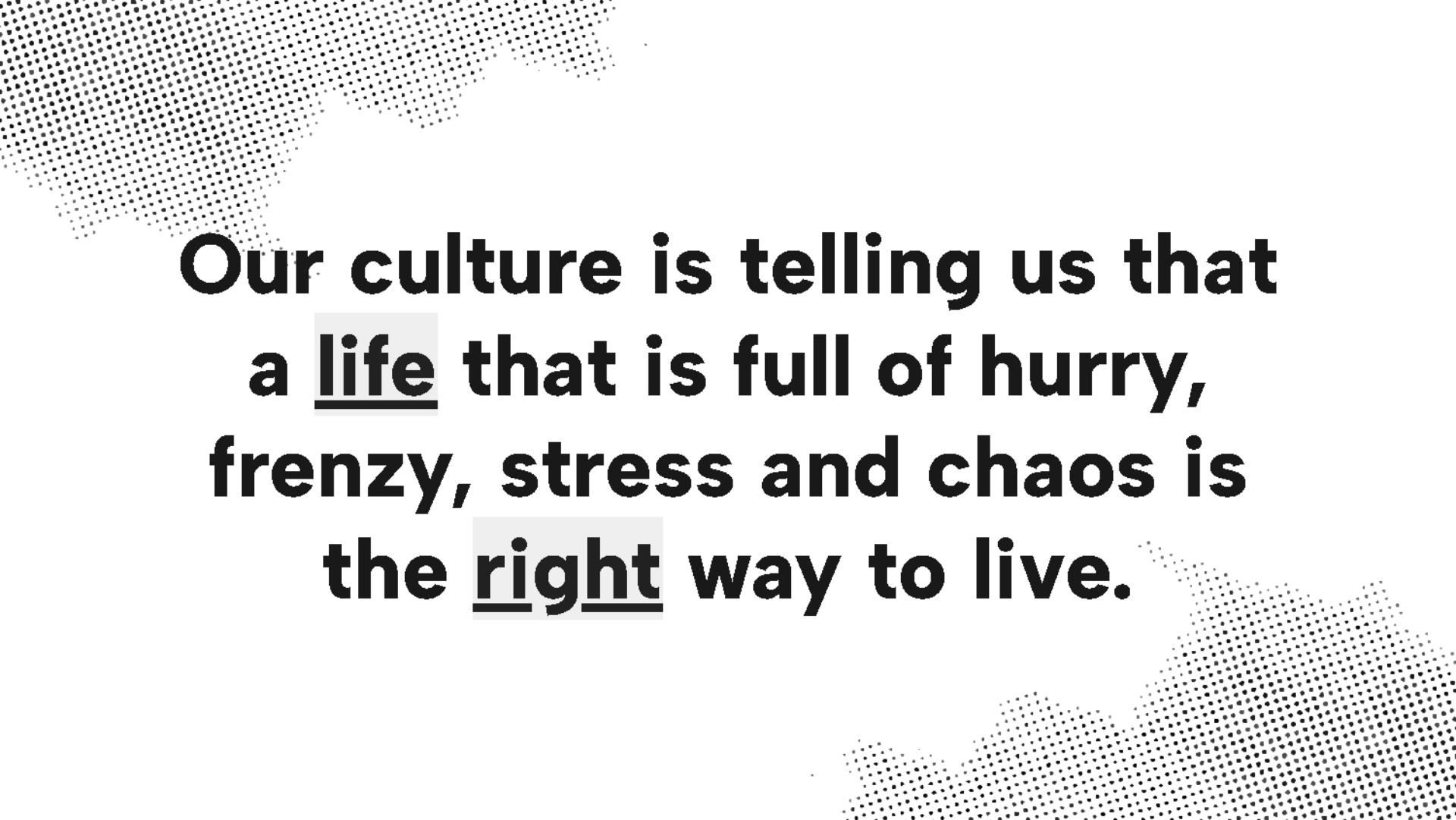


³And the king stood by the pillar and made a covenant before the Lord, to walk after the Lord and to keep his commandments and his testimonies and his statutes with all his heart and all his soul, to perform the words of this covenant that were written in this book. And all the people joined in the covenant.


2 Kings 23:1-3 ESV



Our culture's
bad idea



**Our culture is telling us that
a life that is full of hurry,
frenzy, stress and chaos is
the right way to live.**




²⁶And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?

Matthew 16:26 NLT




**Why do we think that we
can get away with breaking
God's Law and there will
not be consequences?**



⁸“Remember the Sabbath day, to keep it holy.
⁹Six days you shall labor, and do all your work,
¹⁰but 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, your male servant,
or your female servant, or your livestock, or

Exodus 20:8–11 ESV





the sojourner who is within your gates. ¹¹For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 20:8–11 ESV



Breaking down the fourth Commandment



Remember

Verse 8a



Keep it holy

Verse 8b

Keep it holy

Verse 8b

**We don't make
the sabbath holy,
we are to keep it
that way.**



We still labor

Verses 9-10



We still labor


Verses 9-10

**Work can be
worship because
we do it unto the
Lord.**

We still labor

Verses 9-10

**Work can be
worship because
we do it unto the
Lord.**



²³Whatever you do, work heartily, as for the Lord and not for men, ²⁴knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

**Colossians
3:23-24 ESV**



God's
example to us

God's example to us

In six days the Lord made heaven, earth, and the sea, along with everything in them. He didn't work on the seventh day. That's why the Lord blessed the day he stopped his work and set this day apart as holy.

Exodus 20:11 GW

God's example to us

God created a
rhythm to life in
which stopping is a
very important part.

In six days the Lord made heaven, earth, and the sea, along with everything in them. He didn't work on the seventh day. That's why the Lord blessed the day he stopped his work and set this day apart as holy.

Exodus 20:11 GW

Four reasons why we should practice the sabbath

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- There is rest in stopping

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.....
"Don't underestimate the value of doing nothing."

Four reasons why we should practice the sabbath

- There is rest in **stopping**

.....
“Don’t underestimate the value of doing nothing.”

– Winnie the Pooh

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- There is trust in stopping

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- There is trust in stopping

- There is humility in stopping

Four reasons why we should practice the sabbath

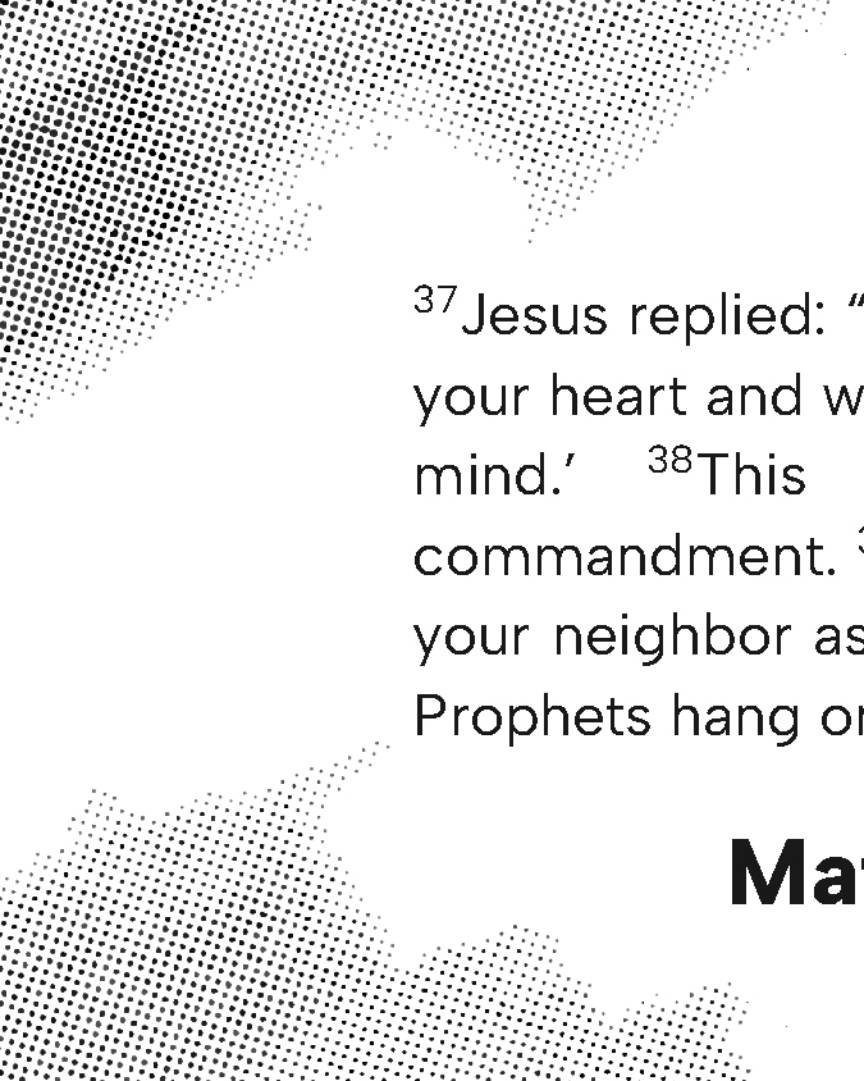
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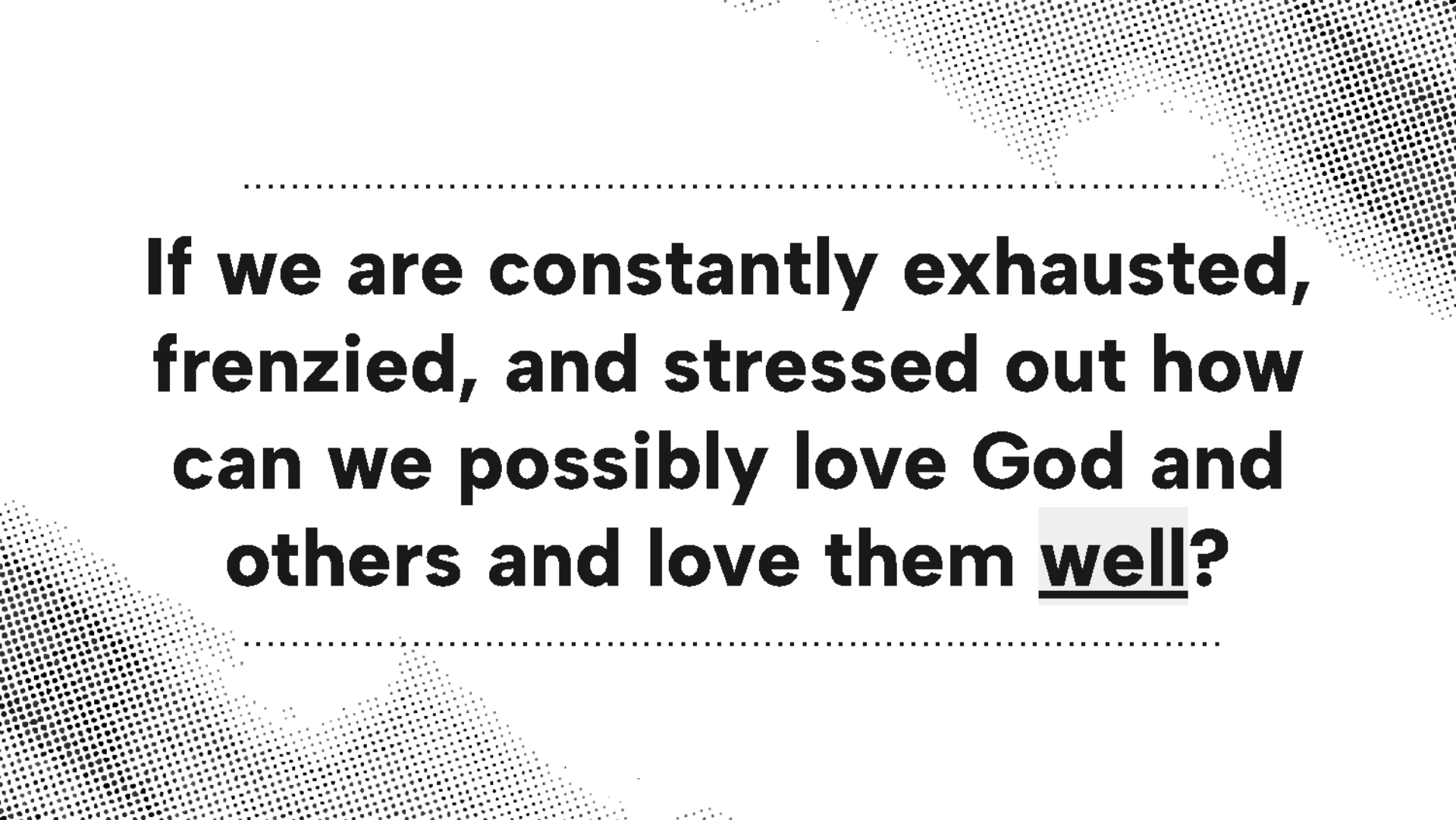
- There is trust in stopping
- There is humility in stopping
- There is worship in stopping

**In rest God is honored when
we follow His commands
and do things His way.**



³⁷Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ ³⁸This is the first and greatest commandment. ³⁹And the second is like it: ‘Love your neighbor as yourself.’ ⁴⁰All the Law and the Prophets hang on these two commandments.”

Matthew 22:37-40 NIV



**If we are constantly exhausted,
frenzied, and stressed out how
can we possibly love God and
others and love them well?**
