

REMEMBER THE SABBATH  
“Live Free” Series  
Week 3

REACH UP TO GOD AND WORSHIP HIM WITH EVERYTHING WE HAVE

REACH OUT TO OTHER TO SHARE JESUS CHRIST WITH LOVE, ACCEPTANCE, AND FORGIVENESS

REACH IN TO THE CHURCH FAMILY TO ENCOURAGE AND TO EQUIP

Exodus 20:8–11, “Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”

Romans 14:5–6, “One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind, The one who observes the day, observes it in honor of the Lord.”

PRACTICAL REASONS WHY WE SABBATH

- REMEMBER JESUS’ \_\_\_\_\_ **WORK** \_\_\_\_\_.
- WE CONNECT WITH \_\_\_\_\_ **JESUS AND HIS PEOPLE** \_\_\_\_\_.
- HAVE \_\_\_\_\_ **FUN** \_\_\_\_\_ AND MAKE \_\_\_\_\_ **MEMORIES** \_\_\_\_\_.

Mark 2:27, “Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”