

God's Holy Day:

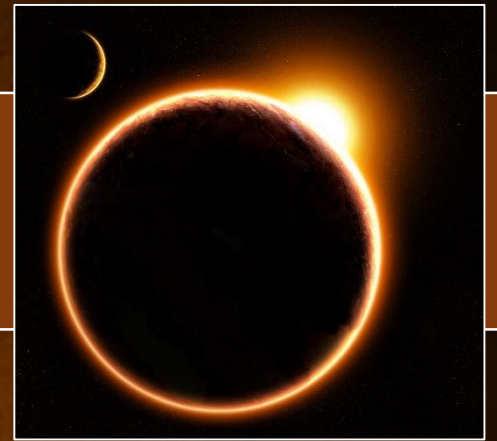
The Sabbath Yesterday,
Today, & Tomorrow.

7

Today

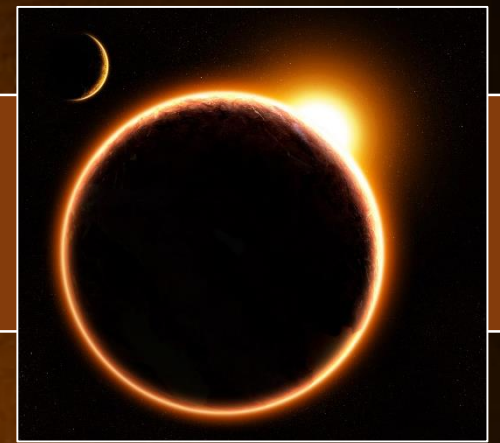


A Day of Rest

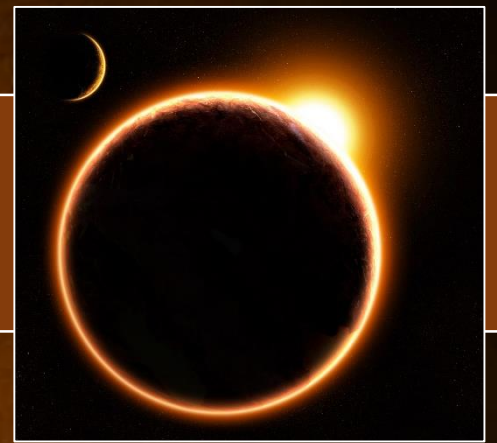


**Come unto Me, all you
who labor and are heavy
laden , and I will give you
rest.**

Are you overworked?



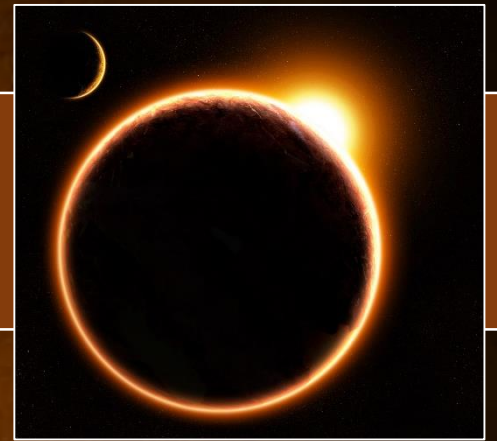
Are you overworked?



1 – You turn to alcohol
for relaxation



Are you overworked?



2 – Your productivity is stalling



7 Red flags you're working too much

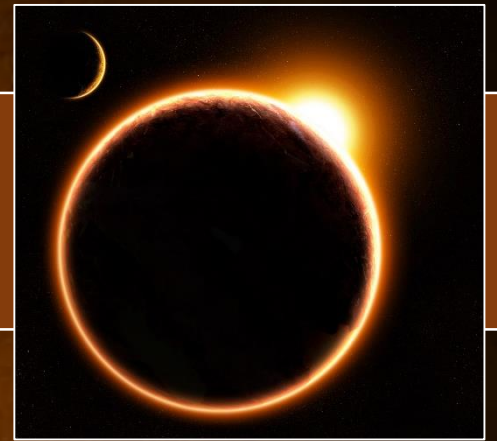
Are you overworked?



3 – Daytime fatigue



Are you overworked?

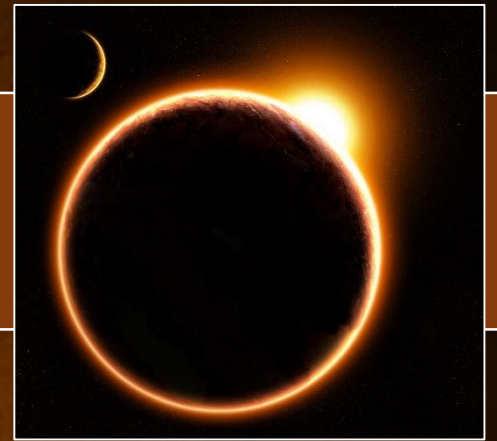


4 - Depression



7 Red flags you're working too much

Are you overworked?

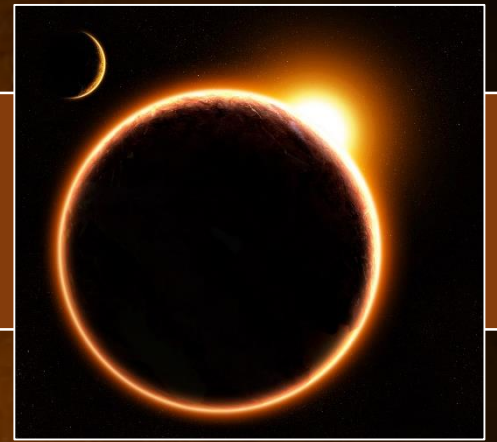


5 – Heart works overtime



7 Red flags you're working too much

Are you overworked?

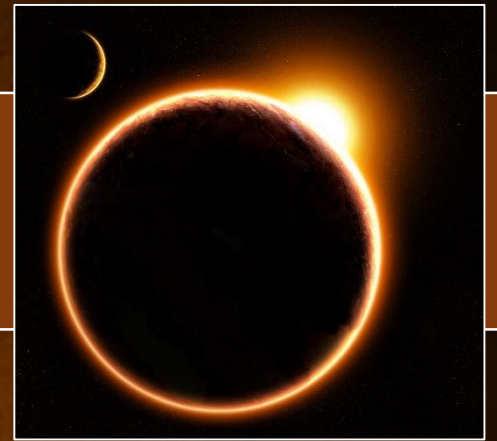


6 – Pain in the neck...
and back



*7 Red flags you're working
too much*

Are you overworked?

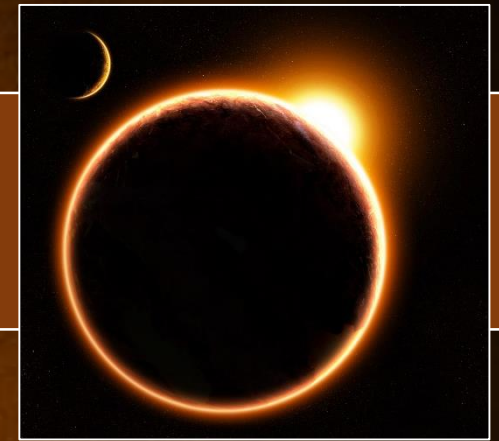


7 – Relationships are taking a hit

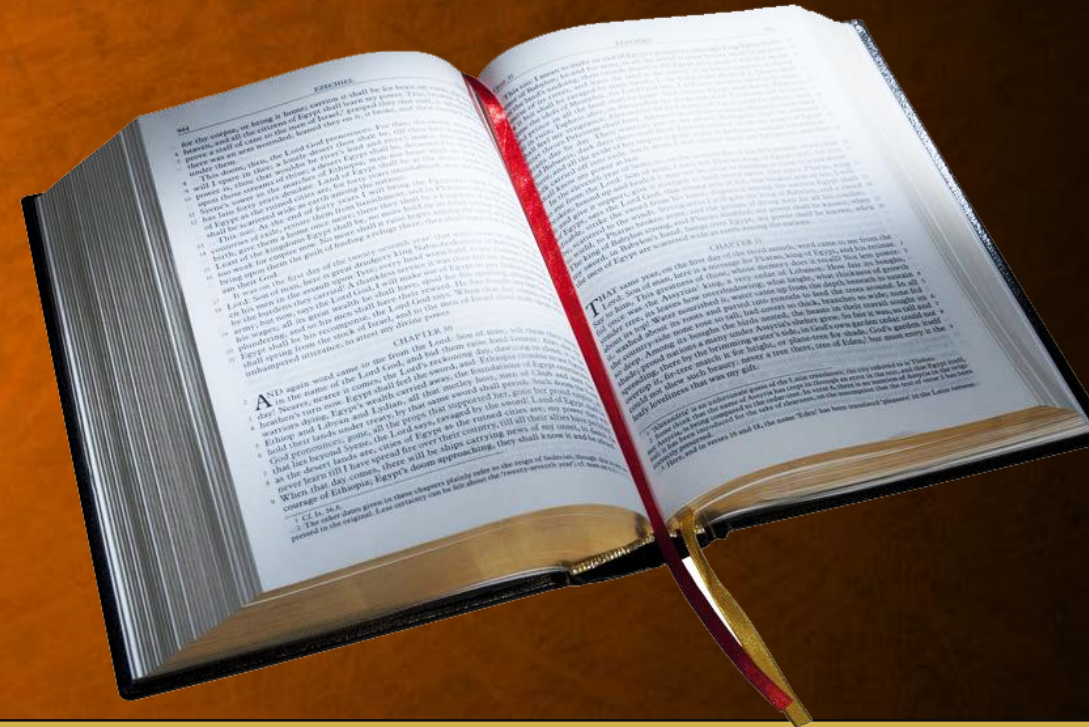


7 Red flags you're working too much

The Lord's Day - *CHALLENGED*



...And shall intend to change times and law.

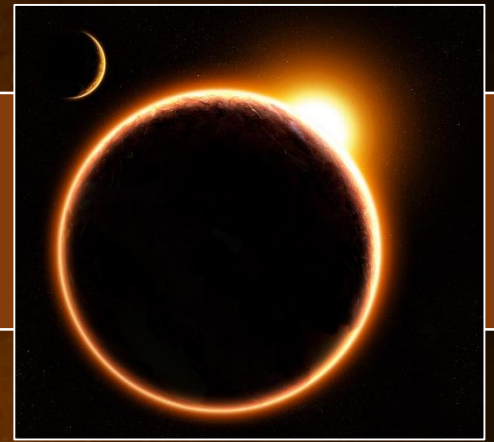


Daniel 7:25

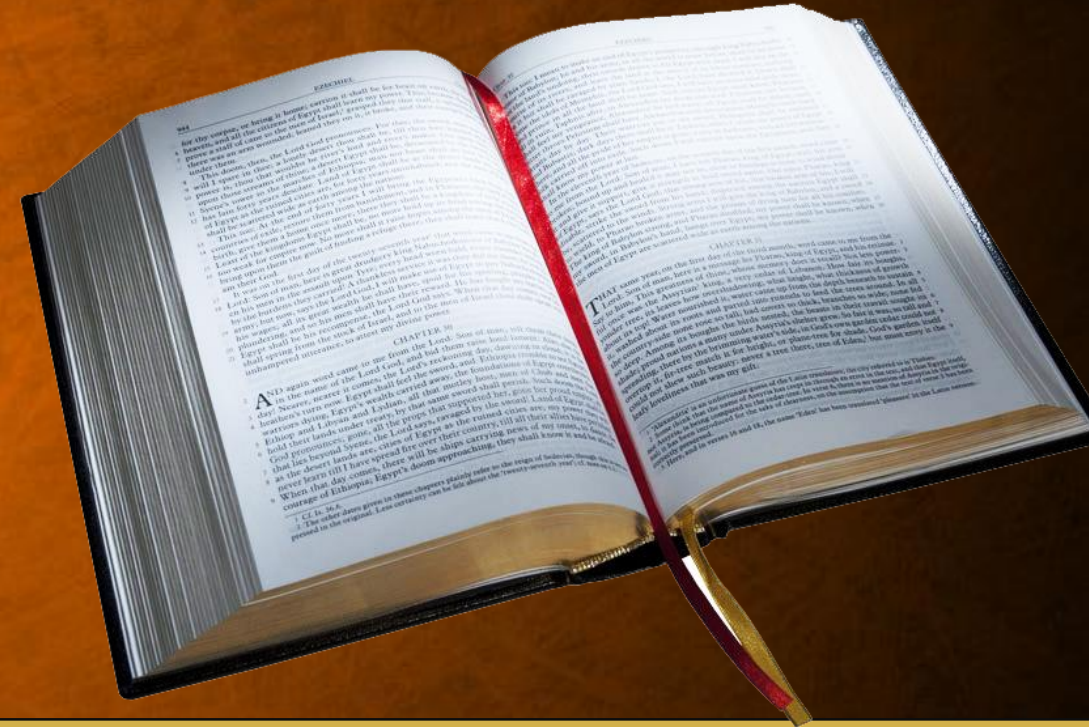


Leviticus 23:32

The Lord's Day

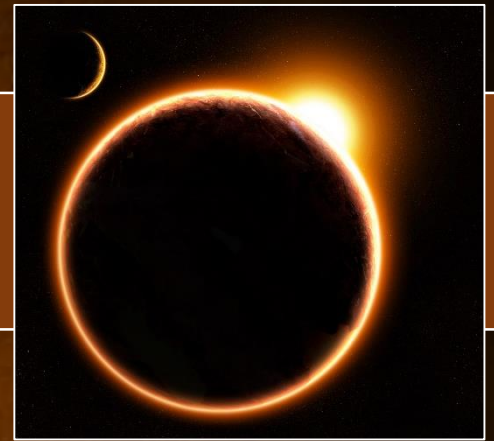


Remember the Sabbath day, to keep it holy.

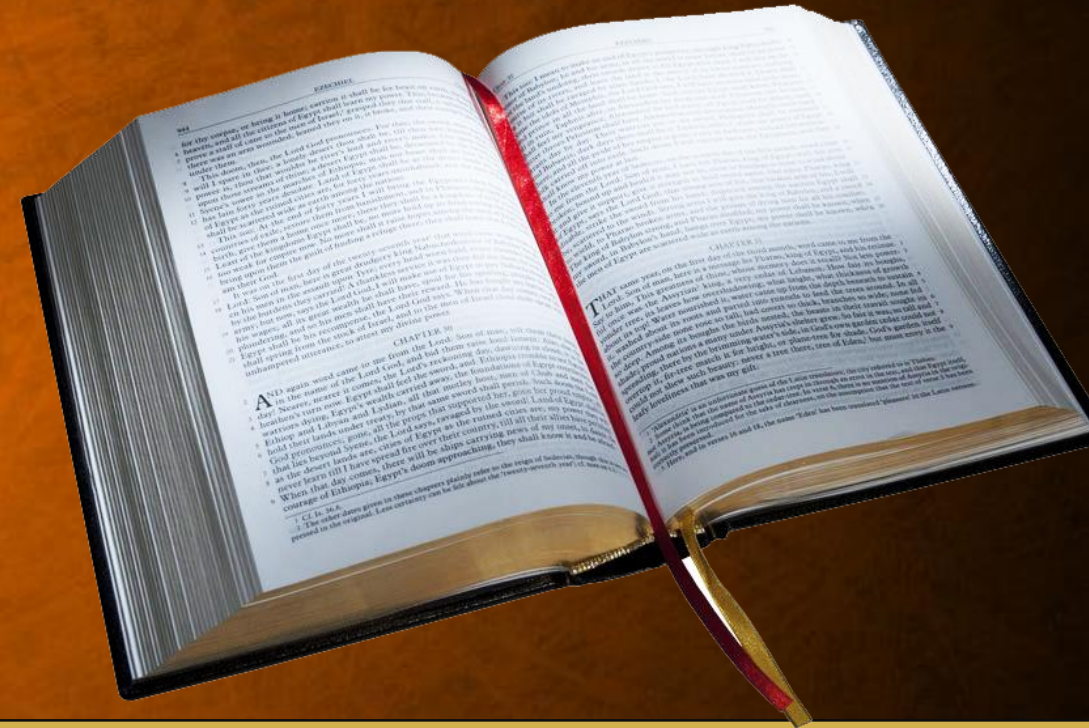


Exodus 20:8

The Lord's Day

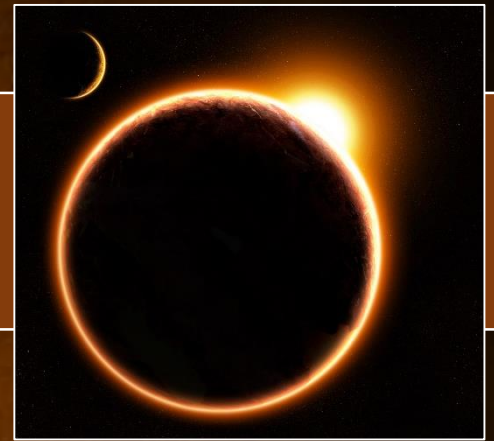


Six days you shall labor
and do all your work,

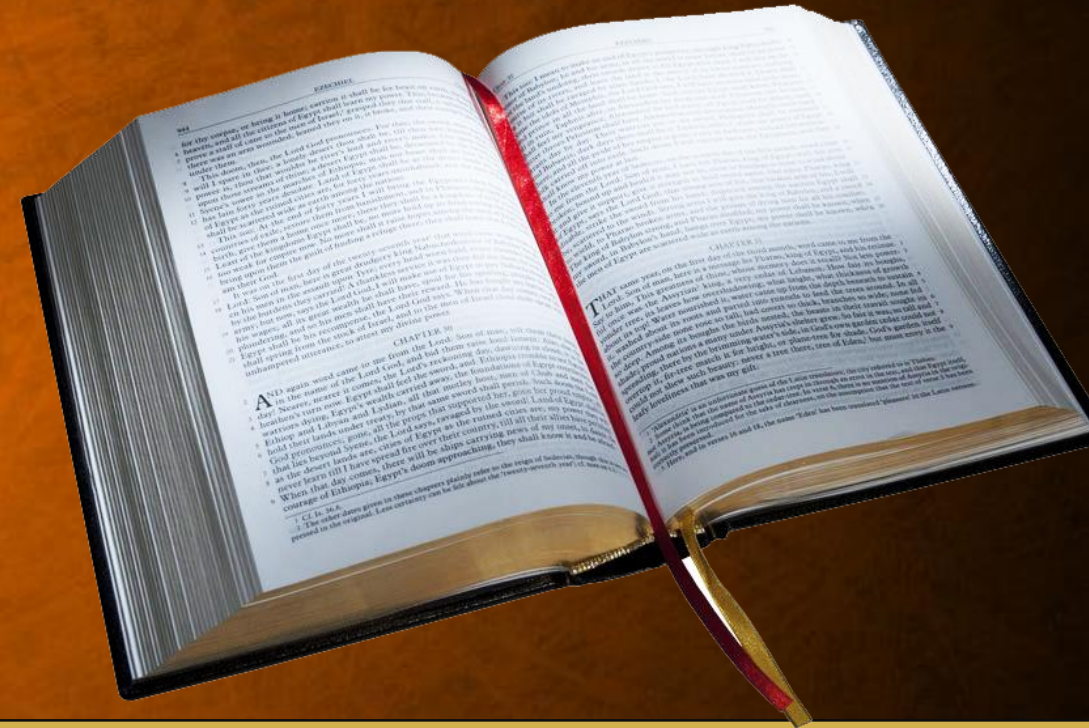


Exodus 20:9

The Lord's Day

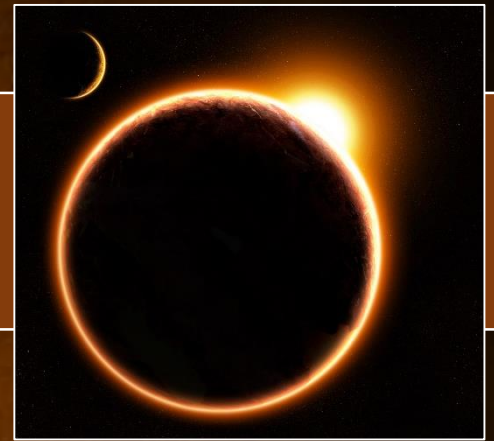


but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter,

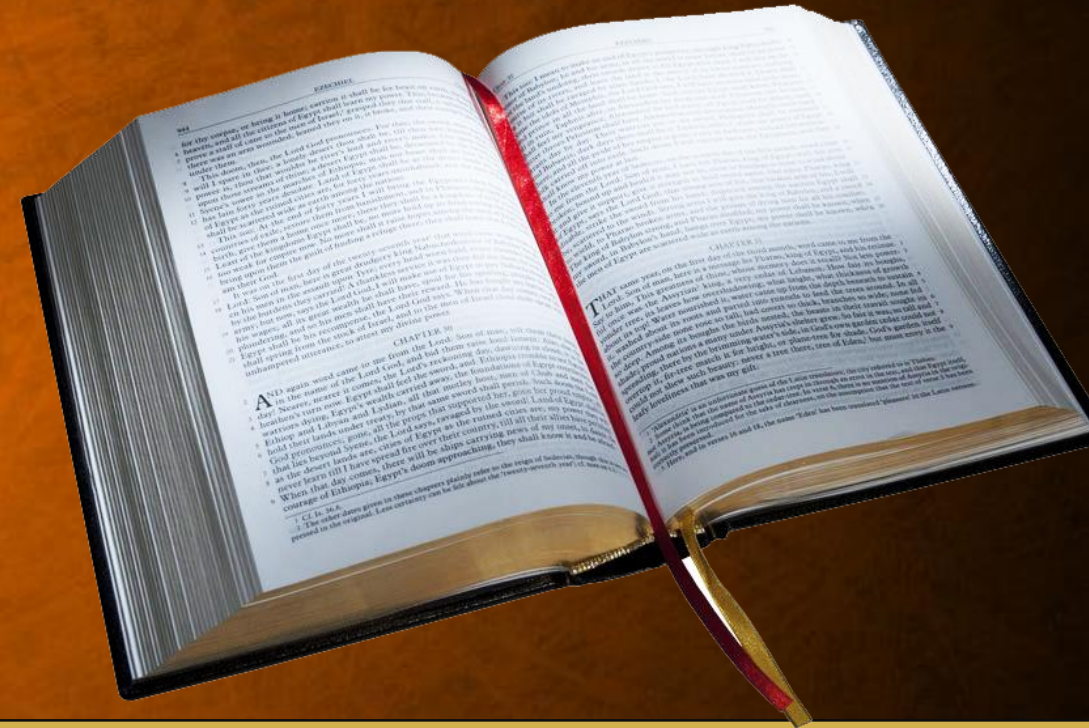


Exodus 20:10

The Lord's Day

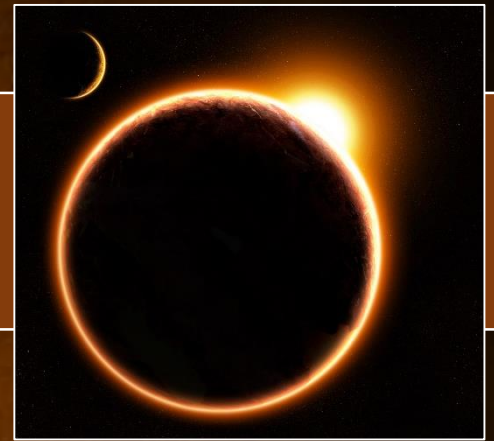


nor your male servant,
nor your female servant,
nor your cattle, nor your
stranger who *is* within
your gates.

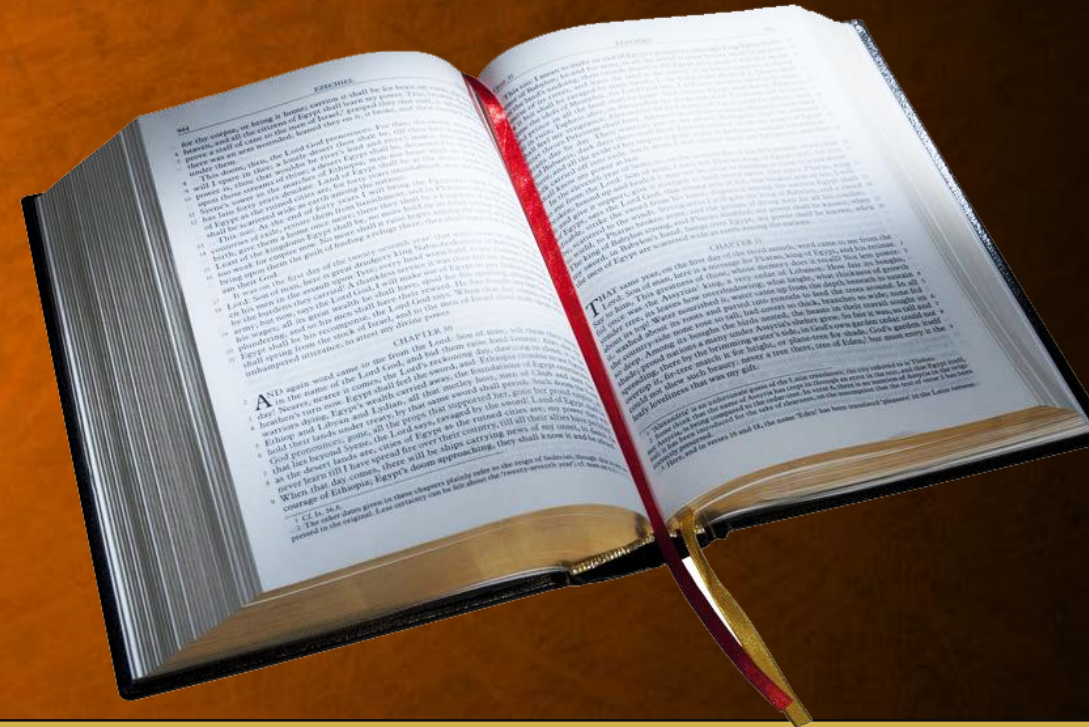


Exodus 20:10

The Lord's Day

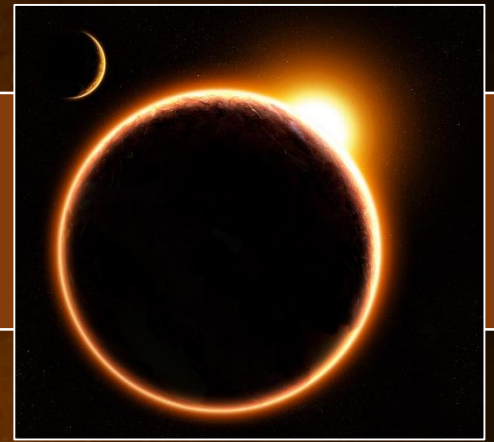


For *in* six days
the LORD made the
heavens and the earth,
the sea, and all that *is* in
them, and rested the
seventh day.

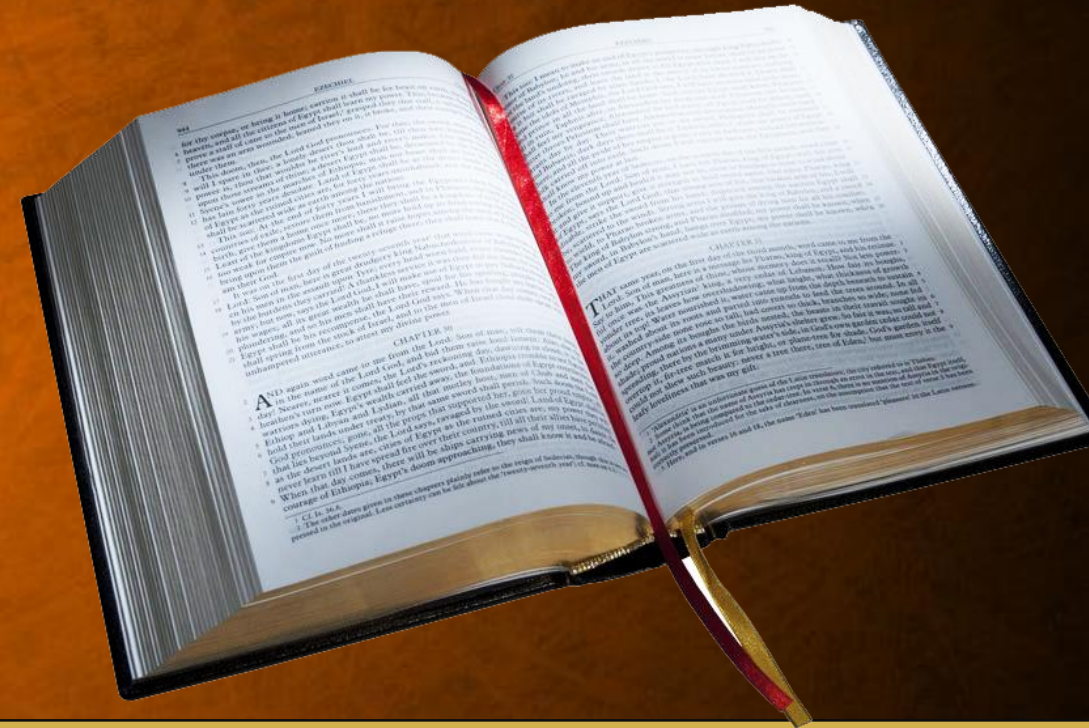


Exodus 20:11

The Lord's Day



Therefore
the LORD blessed the
Sabbath day and
hallowed it.



Exodus 20:11



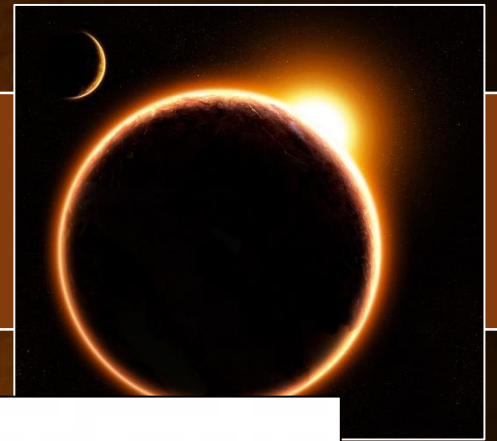
A Sabbath rest



...nor your
servants...



A Sabbath rest



Should I
exercise on
the
Sabbath?



A Sabbath rest



**Didn't Jesus
work on the
Sabbath?**

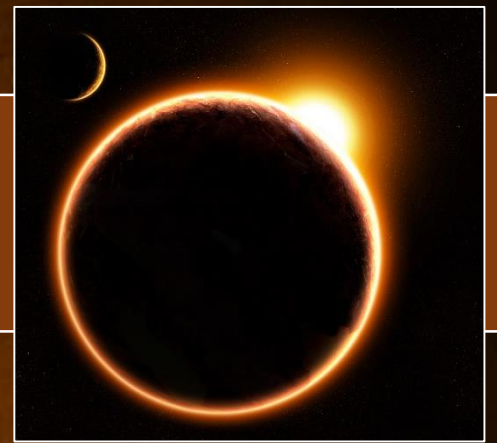
Emergency work



... "Which of you, having a donkey or an ox that has fallen into a pit, will not immediately pull him out on the Sabbath day?"



Emergency work



“...it is lawful to do good on the Sabbath.”



Matthew 12:12

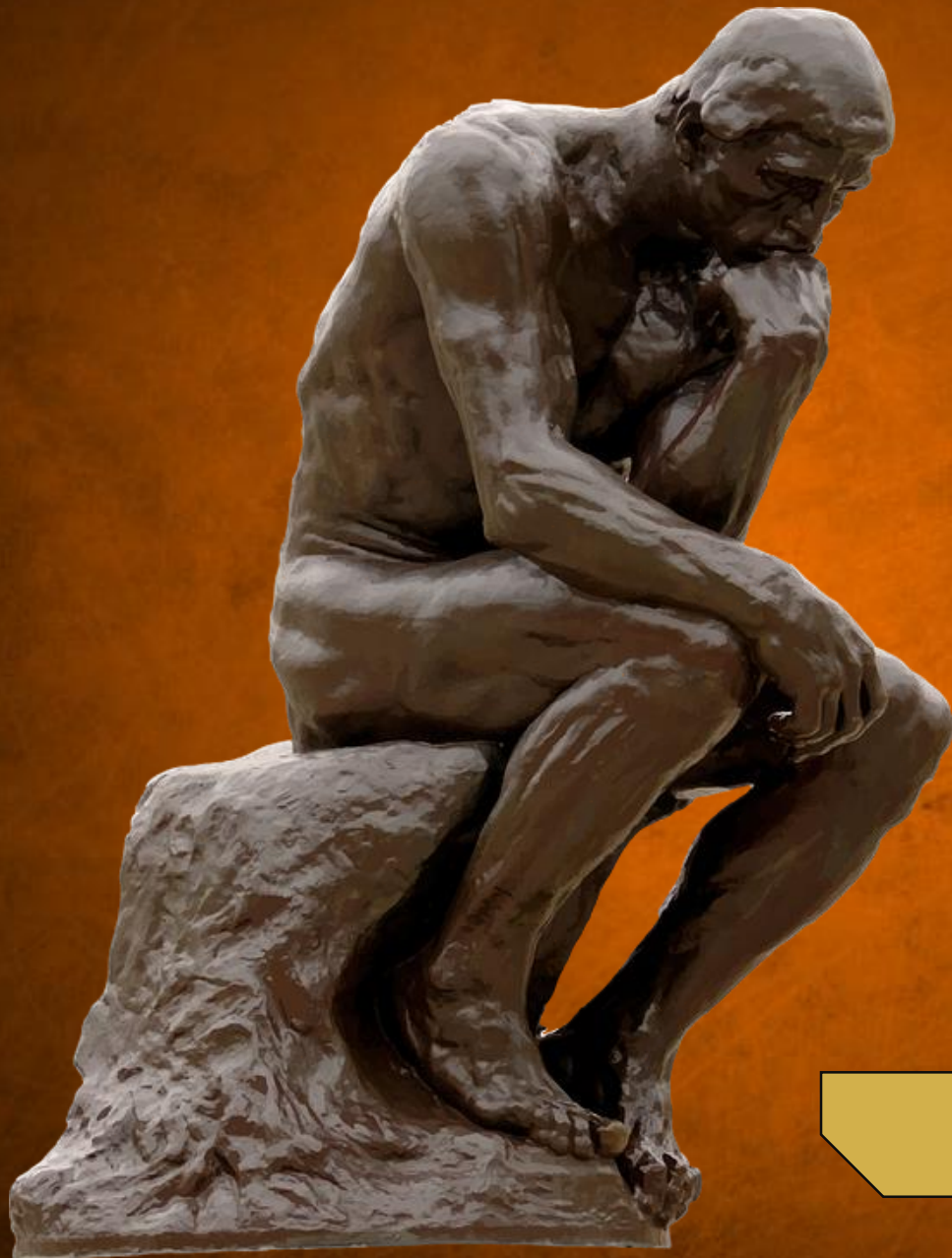
15 degrees
27 lbs

30 degrees
40 lbs

45 degrees
49 lbs

60 degrees
60 lbs

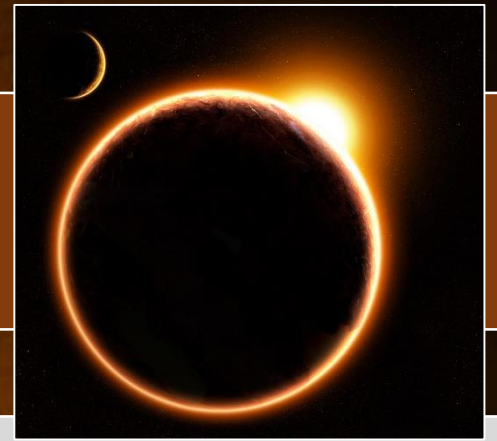




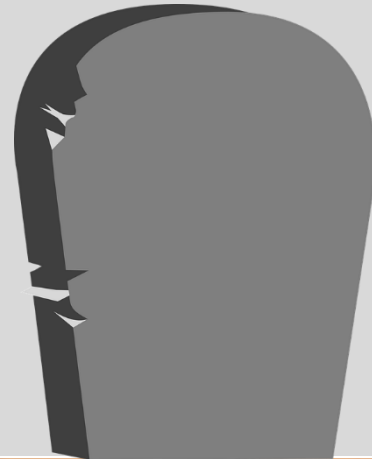
Behold the
Savior

How do you do it?

Preparation Day



**PREPARATION DAY
(FRIDAY)**



**SABBATH
(SATURDAY)**

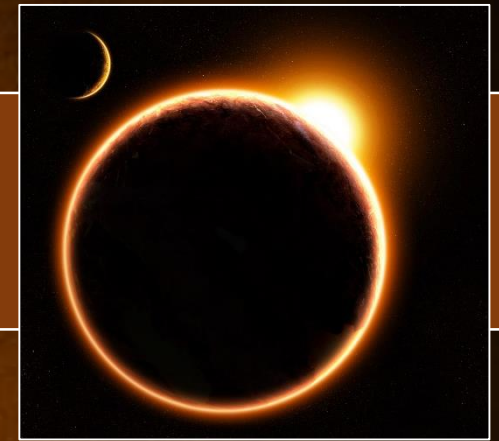


**FIRST DAY
(SUNDAY)**

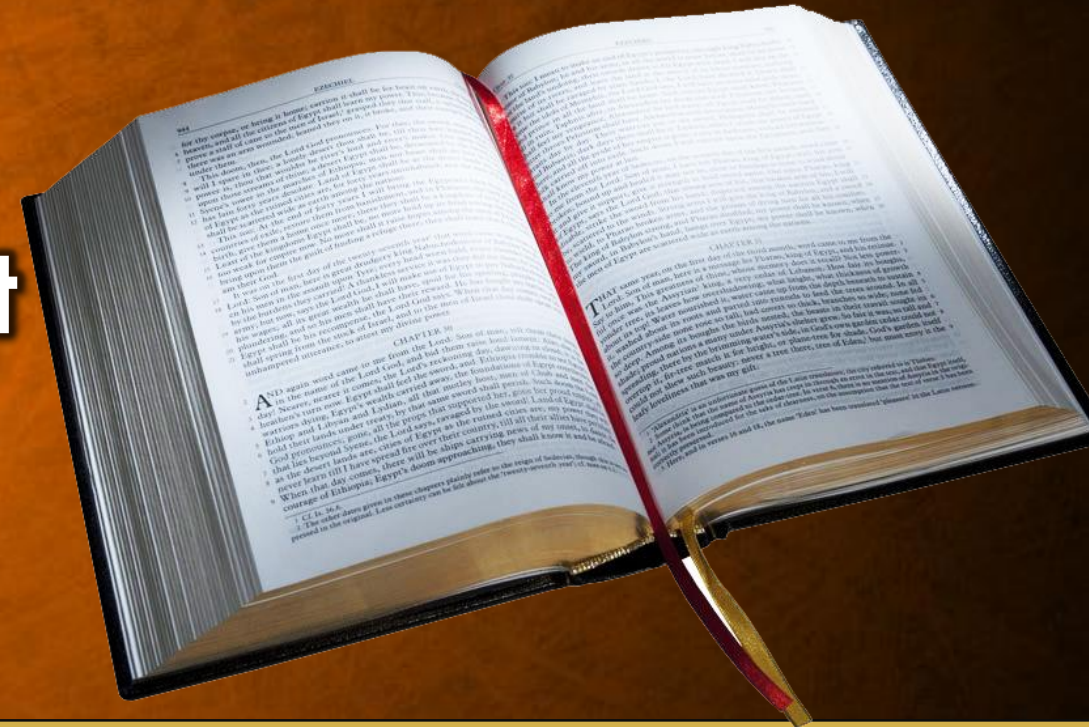


I can't afford to keep the Sabbath

Trust God

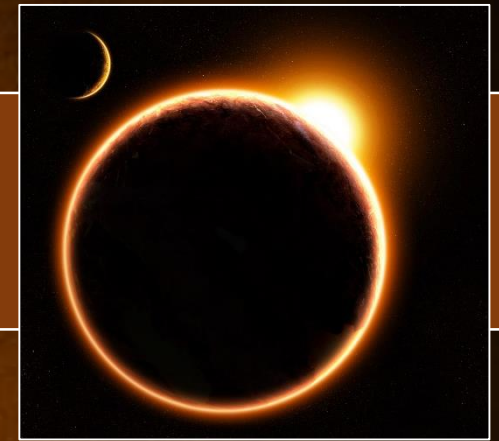


Trust in the Lord with all
your heart, and lean not
on your own
understanding;

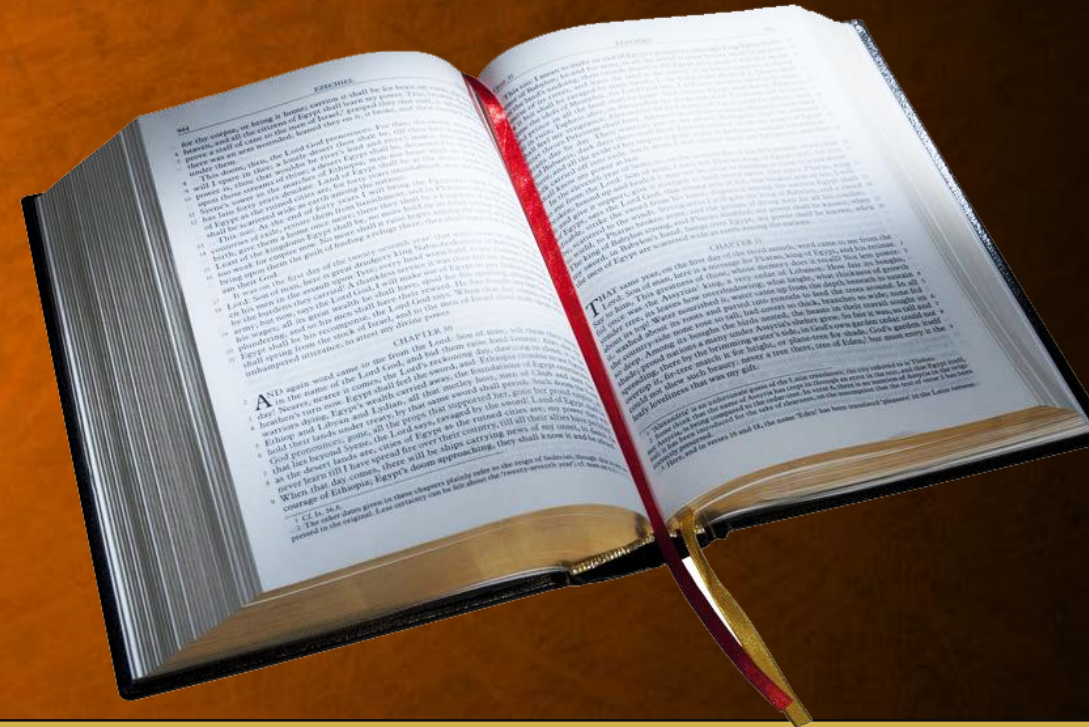


Proverbs 3:5

Trust God



In all your ways
acknowledge Him, and
He shall direct your
paths.

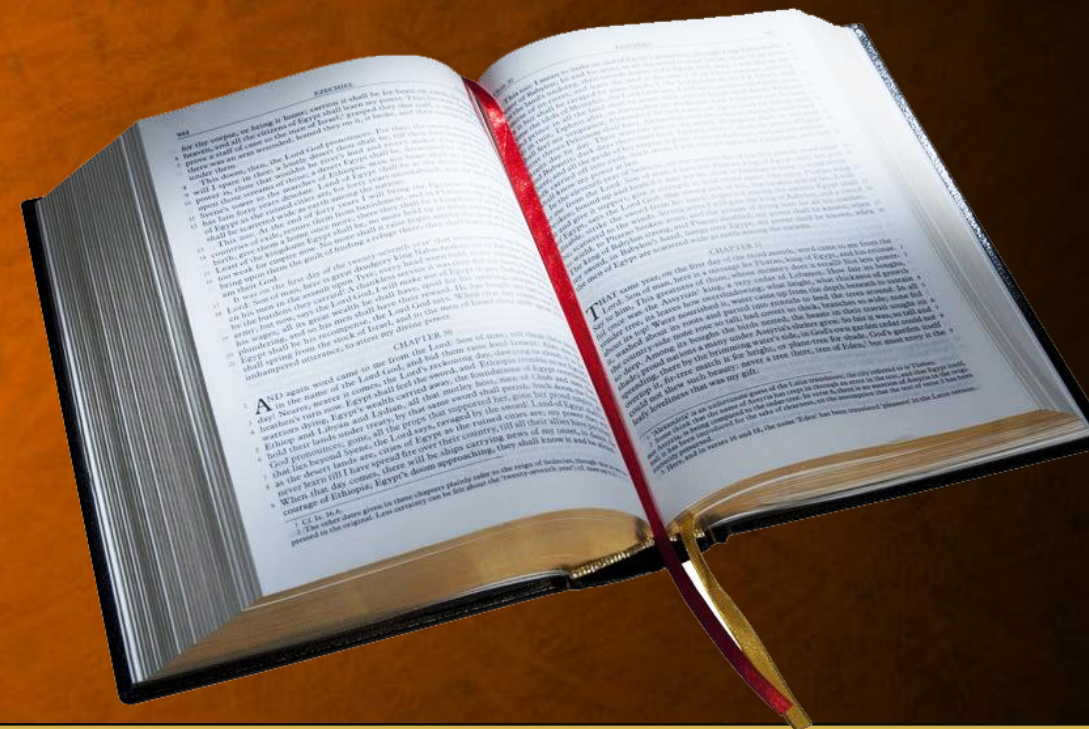


Proverbs 3:6

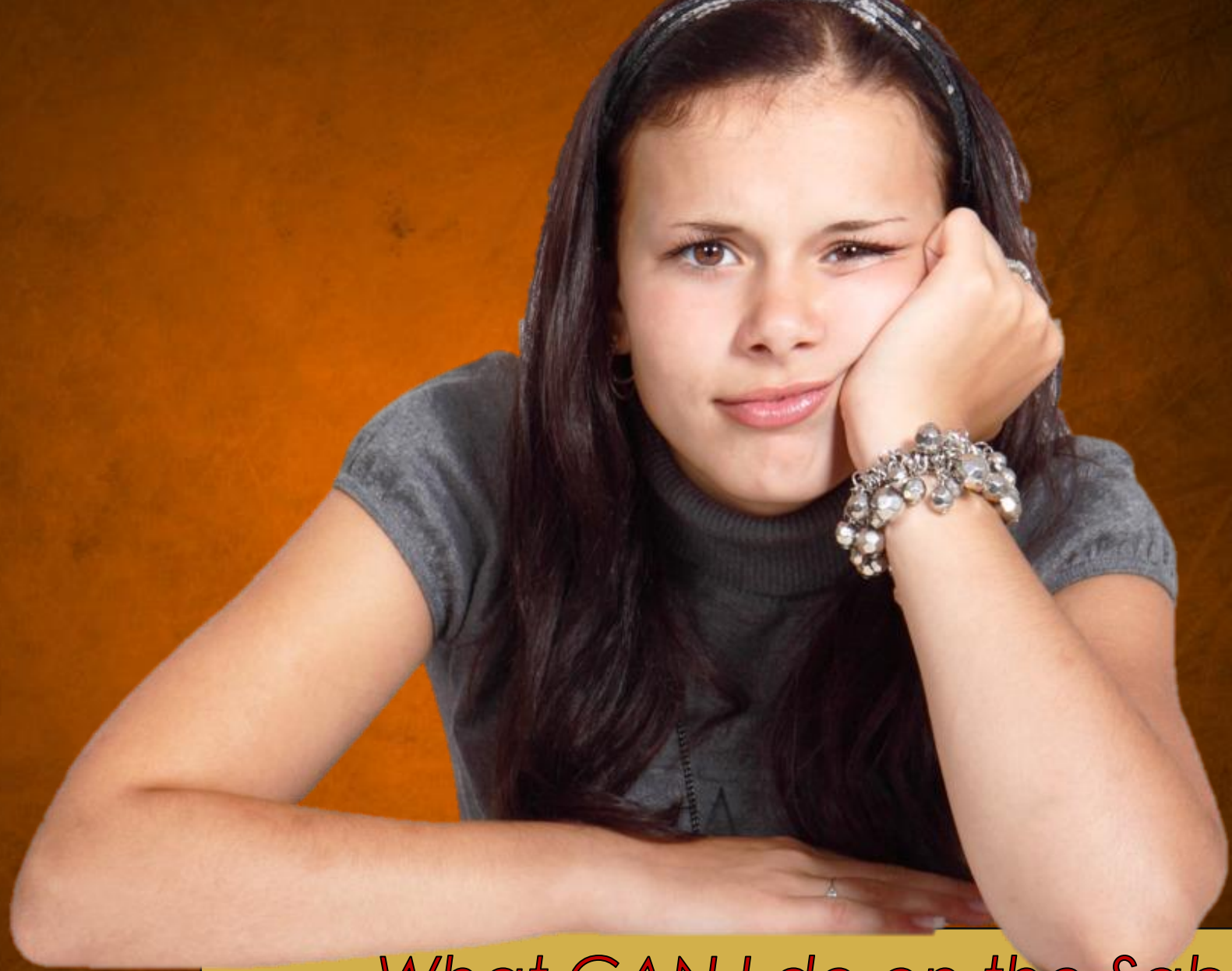
Everything is *CHALLENGED*



...And shall intend to change times and law.



Daniel 7:25



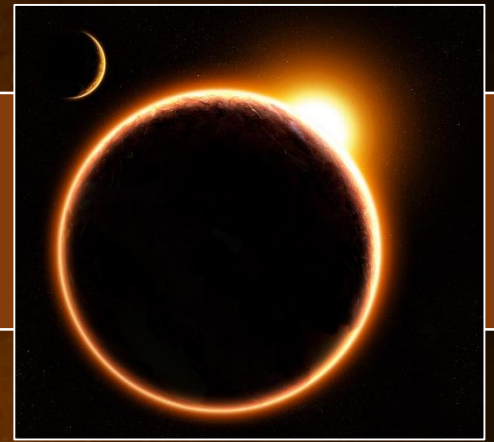
What CAN I do on the Sabbath?



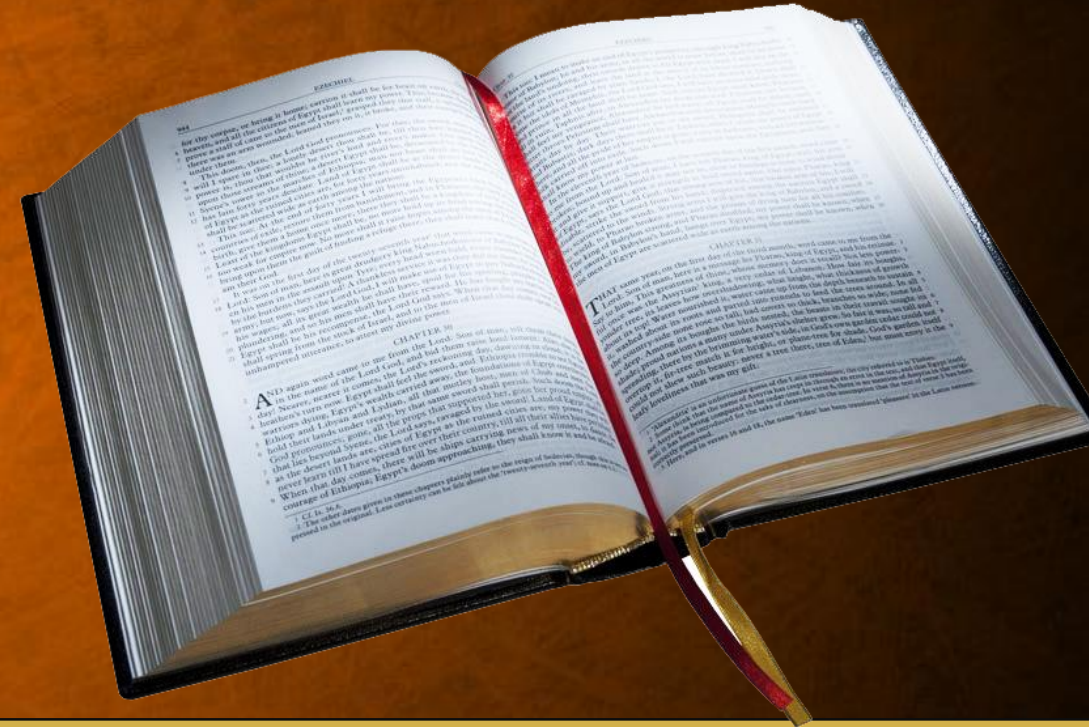


Enjoy the Sabbath while you can.

It's the law



Blue Laws are ~~coming~~ here



Daniel 7:25

A vibrant yellow bird is perched on a dark brown branch, its beak wide open as if singing. The bird's feathers are bright yellow with some darker streaks on its wings. The background is a soft-focus green with several white flowers in bloom, some with visible orange stamens. The overall scene is bright and cheerful.

CLOSING SONG

Hymn # 508

Anywhere With Jesus

God's Holy Day:

The Sabbath Yesterday,
Today, & Tomorrow.

7

Today

