

# Making Sense of the Sabbath #4

## “The Practice of the Sabbath”

### selected Scriptures

#### Embrace the Belief in the Sabbath

Genesis 2:2-3 - The Sabbath is rooted in c\_\_\_\_\_.

Exodus 20:8-11 - The Sabbath is commanded in the 1\_\_\_\_\_.

The law consists of the c\_\_\_\_\_, c\_\_\_\_\_, and the m\_\_\_\_\_ parts. The c\_\_\_\_\_ law applied only in the land of Israel; the c\_\_\_\_\_ law applied to the worship at the Temple and sacrifices; the m\_\_\_\_\_ applies to everyone.

#### Employ the Break of the Sabbath

Romans 14:5-8 - Sabbath is a state of m\_\_\_\_\_, not a day of the w\_\_\_\_\_. Sabbath is a c\_\_\_\_\_ we must make to slow down and take a break.

“Worship and remember to keep the Sabbath day.

Take a r\_\_\_\_\_ and think of God; put your w\_\_\_\_\_ away!”

We need to make Sabbath a h\_\_\_\_\_ in our lives.

How we observe the Sabbath will d\_\_\_\_\_ from person to person.

Those who work physically through the week may r\_\_\_\_\_; those who work mentally may do physical l\_\_\_\_\_—it is still a break!

#### Enjoy the Benefits of the Sabbath

Colossians 2:16; Romans 14:22 - Don’t j\_\_\_\_\_ others who keep the Sabbath differently than you, and don’t let others j\_\_\_\_\_ you!

Psalms 127:2 - “In vain you rise early and stay up late, t\_\_\_\_\_ for food to eat—for He grants s\_\_\_\_\_ to those he loves.”

Hebrews 3:7-4:11 - “Entering God’s Sabbath-rest” is a matter of b\_\_\_\_\_ and b\_\_\_\_\_, or to t\_\_\_\_\_ and o\_\_\_\_\_.

Psalms 131:1-2 - “I have c\_\_\_\_\_ and q\_\_\_\_\_ my soul...”

## Word Search - Hebrews 4:1-11

K L I R L A T E R J O S H U A U  
R O D P E J Y N E K O P S N U R  
O N P E S M V L G O T H F I D L  
W G J U S T A I R T F A B A J L  
E N I B M O C I H E L L I T S A  
S E V E N T H E N L M H C R E H  
B R E V E N R E E S P R S E X S  
H M I V H E S N P V H X O C A A  
W O V O F S O G O S P E L F M B  
D I S O B E D I E N C E S L P B  
H N R D E H S I N I F R L E L A  
R E T N E B E L I E V E D F E T  
T D A B P A S S A G E G R F N H  
S R S R F O L L O W I N G O P R  
E A R D D L B J T O D A Y R O E  
R H A P W P R E A C H E D T C O

BELIEVED	GOSPEL	REST
CERTAIN	HARDEN	SABBATH
COMBINE	HEARD	SEVENTH
DISOBEDIENCE	JOSHUA	SHALL
EFFORT	JUST	SPOKEN
ENTER	LATER	STILL
EXAMPLE	LONG	THEREFORE
FALLEN	NEVER	TODAY
FINISHED	PASSAGE	WORK
FOLLOWING	PREACHED	
FORMERLY	REMAINS	

Quiet times are healthy



*"But I have calmed and quieted my  
soul"  
(Psalm 131:2)*

# The Practice of the Sabbath



*"There remains, then, a Sabbath-rest for  
the people of God"  
(Hebrews 4:9)*