

*The Good Life*





8 “Remember the Sabbath day  
by keeping it holy.





shabbat:





shabbat:  
to cease, to end, to rest





Remember Rest day  
by keeping it holy.





9 Six days you shall labor and  
do all your work, 10 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 male or female  
servant, nor your animals,  
nor any foreigner residing  
in your towns.





11 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.

- Exodus 20:8-11





rest because God rested





12 “Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you.





13 Six days you shall labor and  
do all your work, 14 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 male or female  
servant, nor your ox, your donkey  
or any of your animals,





**nor any foreigner residing in  
your towns, so that your male  
and female servants may rest,  
as you do.**





15 Remember that you were slaves  
in Egypt and that the Lord your  
God brought you out of there  
with a mighty hand and  
an outstretched arm.





Therefore the Lord your God  
has commanded you to observe  
the Sabbath day.

- Deuteronomy 5:12-15





rest because you were slaves





realize that you have value  
just because you are





23 One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain.





24 The Pharisees said to him,  
“Look, why are they doing what is  
unlawful on the Sabbath?”





25 He answered, “Have you never read what David did when he and his companions were hungry and in need?”





26 In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.”





27 Then he said to them,  
“The Sabbath was made for  
humanity, not humanity for the  
Sabbath. 28 So the Son of Man is  
Lord even of the Sabbath.”

- Mark 2:23-28





1 Another time Jesus went into the  
synagogue, and a man with a  
shrivelled hand was there.





2 Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath.





**3 Jesus said to the man with the shrivelled hand, “Stand up in front of everyone.”**





4 Then Jesus asked them,  
“Which is lawful on the Sabbath:  
to do good or to do evil,  
to save life or to kill?”  
But they remained silent.





5 He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.





6 Then the Pharisees went out  
and began to plot with the  
Herodians how they might  
kill Jesus.

- Mark 3:1-6





Jesus > Shabbat









remember





remember  
rest





remember

rest

keep holy





remember

rest

keep holy

trust





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