

# **BIG**

**Finding Freedom In The Ten  
Commandments**

#BETTERISONEDAY

@JERRYGODSEY

# BIG

## Better Is One Day

***Matthew 6:33***

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

## ***Exodus 31:15***

You have six days each week for your ordinary work, but the seventh day must be a Sabbath day of complete rest, a holy day dedicated to the LORD. Anyone who works on the Sabbath must be put to death.

# THE SABBATH IS A DAY FOR REST

Somewhere along the line, most of us bought into productivity as a chief value in life. The lie that came along with this value was that the more we work, the greater would be the productivity. The end result: rest is dangerous to productivity. We can only rest after the work is done. This is stupid, frankly, but most of us live as if we really believe it.

# THE SABBATH IS A DAY FOR REST

*The Sabbath is a reminder that you're a human being not a human doing.*

# THE SABBATH IS A DAY FOR REFLECTION

## ***Exodus 20:11***

For in six days the LORD made the heavens, the earth, the sea, and everything in them; then he rested on the seventh day. That is why the LORD blessed the Sabbath day and set it apart as holy.

# THE SABBATH IS A DAY FOR REFLECTION

## ***1 Timothy 6:17***

But their trust should be in the living God, who richly gives us all we need for our enjoyment.



# THE SABBATH IS A DAY FOR REFLECTION

## ***Mark 2:27-28***

The Sabbath was made to benefit people, and not people to benefit the Sabbath. And I, the Son of Man, am master even of the Sabbath.

# THE SABBATH IS A DAY FOR REFLECTION

*“Do things that put gas in your tank.”*

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# THE SABBATH IS A DAY FOR RENEWAL

*God is pointing us to a spiritual rest.*

# THE SABBATH IS A DAY FOR RENEWAL

## ***Matthew 11:28***

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

# THE SABBATH IS A DAY FOR RENEWAL

## *Hebrews 4:3, 9-10*

For only we who believe can enter his place of rest. As for those who didn't believe, God said, "In my anger I made a vow: They will never enter my place of rest." ...So there is a special rest still waiting for the people of God. For all who enter into God's rest will find rest from their labors, just as God rested after creating the world.

# THE SABBATH IS A DAY FOR RENEWAL

***“It just proves that when you honor God, He gives you blessings,” David Green***

