



**Remember The Sabbath
Day To Keep It Holy**

EXODUS 20:8

.... Therefore the Lord blessed the Sabbath day and hallowed it. EXODUS 20: 9-11

The word **REMEMBER**: God intends for us **NOT TO FORGET**.

The only commandment that took four verses of Exodus 20 to convey.

- Old Testament: Sabbath mentioned in 65 Bible Verses.
- New Testament: Sabbath mentioned in 57 Bible Verses



HOW DOES THE SABBATH SPEAK OF CREATION?

Genesis 1:31

Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day.

Genesis 2:1-3

V1: Thus the heavens and the earth, and all the host of them, were finished.

V2: And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

V3: Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.



SABBATH AS A COVENANT

Exodus 31: 16 & 17

V16: “Therefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generation as a perpetual covenant

V17: “It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed”



What does Covenant Mean?

According to Google:

An agreement between God and His people, in which God makes promises to His people and, usually, requires certain conduct from them



Personal Testimony on the Richness I have found in The Sabbath

- My first encounter with Sabbath (Saturday) worship at Adventist Grammar School (AGS) Ede, in Nigeria. 1971
- Greetings of Happy Sabbath: Sabbath was always a happy 24 hours delight at AGS Ede.
- Sabbath day was easy: Sabbath was a celebration
- Singing groups all over the school campus practicing
- Everyone seemed really nice and happy
- No compulsory study period after dinner
- Best food of the week. Food portion was generous.
- I wished everyday was Sabbath

Discouraged on the Sabbath at the age of 19

- Western Kentucky University, Bowling Green, Kentucky.
- I almost became a member of the catholic church
- Nice old white grandma “Ms Betty” that I believe I will see again in Heaven
- **“Christ should Be Our Only Example”** sermon by Catholic Priest

Isaiah 58:13-14

V13: “If you turn away your foot from the Sabbath, from doing your pleasure on My Holy Day,

And call the Sabbath a delight,

The holy day of the Lord honorable

And shall honor Him, not doing your own ways

Nor finding your own pleasure,

Nor speaking your own words,

V14: Then you shall delight yourself in the Lord,

And I will cause you to ride on the high hills of the earth,

And feed you with the heritage of Jacob your father.

The mouth of the Lord has spoken”

Sabbath Rest:

- Phone does not ring on the Sabbath
- The only day I sleep in the day time
- Sabbath prayer in the church
- It seems that God answers my prayers faster during the Sabbath hours
- Business and other challenges and prayers on the Sabbath
- From “God cannot do this” to “Please report to your God”

