

*Remember*  
THE SABBATH DAY  
BY KEEPING IT  
HOLY

**Exodus 20:8-11**

# **Ten Commandments .....**

## **Country Style**

- 1. Only One God**
- 2. No Idols**
- 3. Don't Take God's Name in Vain**

# **Three Ways We Take God's Name in Vain**

**1. Vanity of Our Speech**

**2. Vanity of Our Actions**

- The title “Christian” was given to the early church **because they acted like Christ.**

**3. Vanity of Our Worship**

*Remember*  
THE SABBATH DAY  
BY KEEPING IT  
HOLY

## **Facts about the 4<sup>th</sup>**

- ◆ **This is the Only Commandment Not Repeated in the New Testament.**
- ◆ **The Church Has Historically Worshiped on Sunday.**
- ◆ **We Now Face the Fading Tradition of Sunday as a Holy or Sacred Day.**

# The Sabbath

*Remember*  
THE SABBATH DAY  
BY KEEPING IT  
HOLY

- ◆ Sabbath means "Day of rest".
- ◆ The Sabbath is once a week.

# Keep it Holy

*Remember*  
THE SABBATH DAY  
BY KEEPING IT  
HOLY

- ◆ **Holy means “Set Apart”**
  - (consecrated, dedicated, undefiled)
- ◆ **Divine Pattern / Rhythm of Life**
  - **Work, Work, Work, Work, Work, Work, ... Rest**

*Remember*  
THE SABBATH DAY  
BY KEEPING IT  
HOLY

# Sabbath is To:

- ◆ REST MY BODY
- ◆ RECHARGE MY EMOTIONS
  - Quietness
  - Family
  - Fellowship
- ◆ REFOCUS MY SPIRIT.