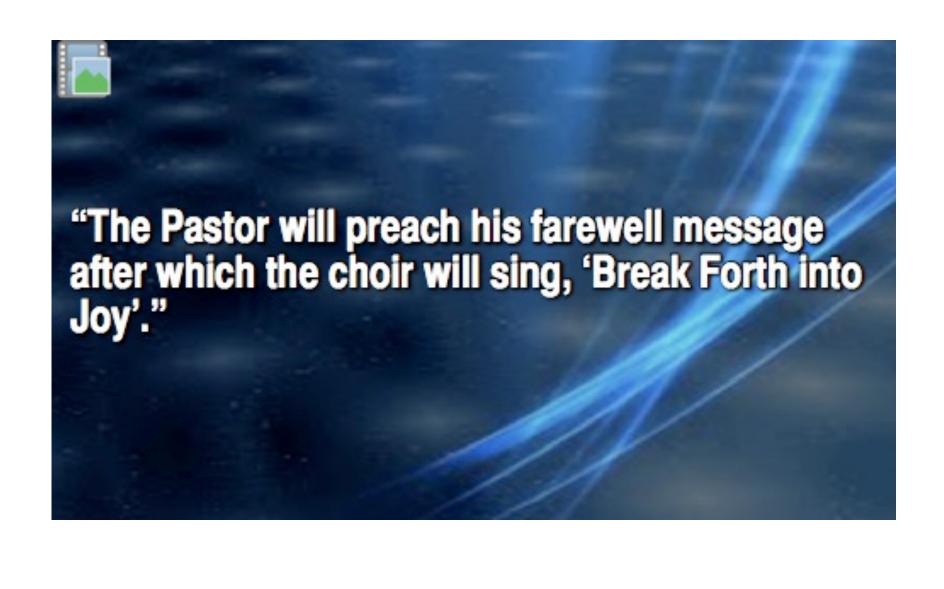
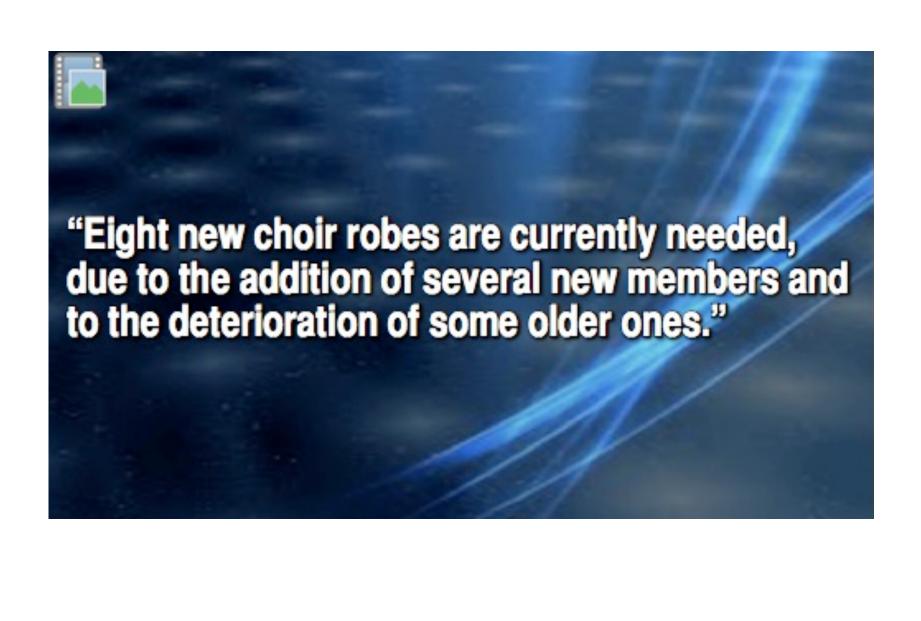
- 1. What does it mean for you that the "Sabbath was created for mankind"?
- 2. How do you observe your Sabbath?
- 3. Do you take vacations or go on holiday? What is the difference for you?
- 4. Do you engage in recreation or "re-creation"?
- 5. What other ways do you allow God to "raise you up"?





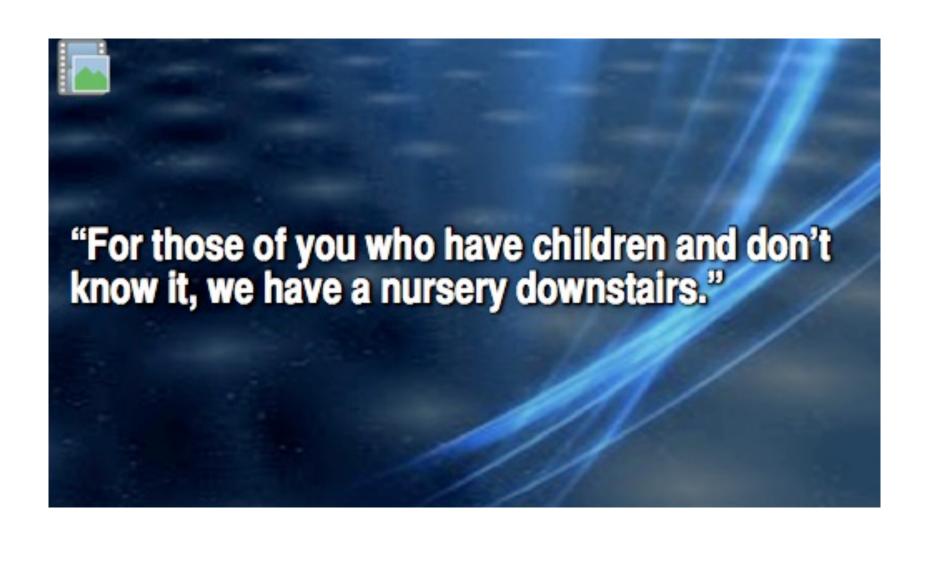


















Genesis 2:2-3

And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

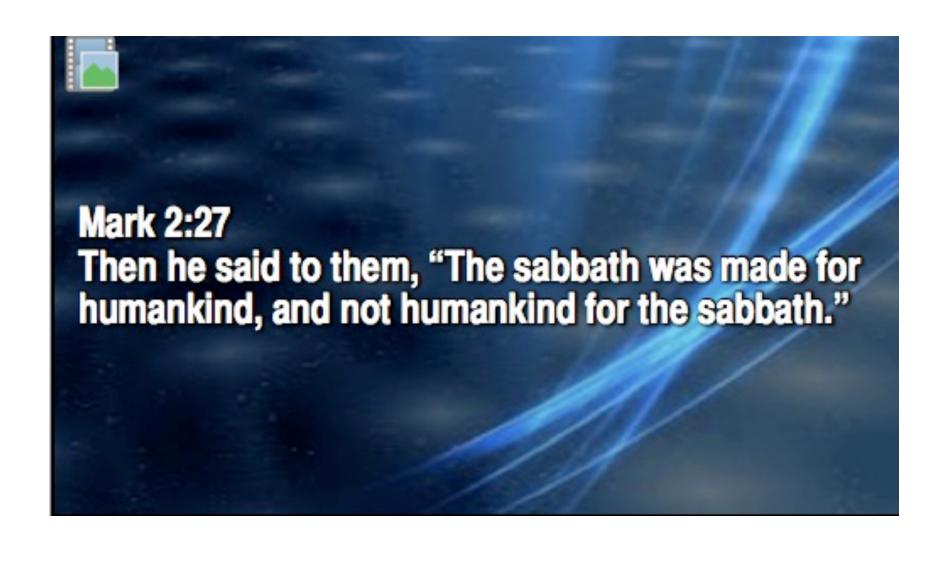
odus 16:22-26 the sixth day they gathered twice as much food, two omers apiece. When all the leaders of the congregation came and told Moses, he said to them, "This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy sabbath to the Lord; bake what you want to bake and boil what you want to boil, and all that is left over put aside to be kept until morning." So they put it aside until morning, as Moses commanded them; and it did not become foul, and there were no worms in it. Moses said, "Eat it today, for today is a sabbath to the Lord; today you will not find it in the field. Six days you shall gather it; but on the seventh day, which is a sabbath, there will be none."

__odus 31:15-17

Six days shall work be done, but the seventh day is a sabbath of solemn rest, holy to the Lord; whoever does any work on the sabbath day shall be put to death. Therefore the Israelites shall keep the sabbath, observing the sabbath throughout their generations, as a perpetual covenant. It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed."

nemiah 8:9-12

And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the Lord your God; do not mourn or weep." For all the people wept when they heard the words of the law. Then he said to them, "Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength." So the Levites stilled all the people, saying, "Be quiet, for this day is holy; do not be grieved." And all the people went their way to eat and drink and to send portions and to make great rejoicing, because they had understood the words that were declared to them.





James 1:17
Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.







Isaiah 40:30-31

Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.







