



**First Commandment: Worship God Only**



Exodus 20:3 ESV

**3 “You shall have no other gods before me.”**



**STOP**

**First Commandment: Worship God Only**

**Second Commandment: Worship God Correctly**



**STOP**

**4 “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. 5 You shall not bow down to them or serve them, for I YHWH your Elohim am a jealous Elohim, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, 6 but showing steadfast love to thousands of those who love me and keep my commandments.**

**First Commandment: Worship God Only**  
**Second Commandment: Worship God Correctly**  
**Third Commandment: Take God Seriously**

STOP

Exodus 20:7 ESV

**7 “You shall not take the name of YHWH your Elohim in vain, for YHWH will not hold him guiltless who takes his name in vain.”**

**STOP**



**First Commandment: Worship God Only**  
**Second Commandment: Worship God Correctly**  
**Third Commandment: Take God Seriously**  
**Fourth Commandment: Take Yourself Less  
Seriously**



**8 “Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to YHWH your Elohim. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days YHWH made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore YHWH blessed the Sabbath day and made it holy.**



**<sup>12</sup> Observe the Sabbath day, to keep it holy, as YHWH your Elohim commanded you. <sup>13</sup> Six days you shall labor and do all your work, <sup>14</sup> but the seventh day is a Sabbath to YHWH your Elohim. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.**



**<sup>11</sup> For in six days YHWH made heaven and earth, the sea, and all that is in them, and rested the seventh day. Therefore YHWH blessed the Sabbath day and made it holy.**



**<sup>1</sup> Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.**





**Sabbath is a day to savor creation:  
We did not make ourselves.**

**STOP**



**15 You shall remember that you were a slave in the land of Egypt, and YHWH your Elohim brought you out from there with a mighty hand and an outstretched arm. Therefore YHWH your Elohim commanded you to keep the Sabbath day.**



**Sabbath is a day to savor salvation:  
We cannot save ourselves.**

**STOP**



**<sup>12</sup> And YHWH said to Moses, <sup>13</sup> "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, YHWH, sanctify you.'**





**Sabbath is a day to savor our  
sanctification:  
We did not set ourselves apart.**

**STOP**



**Sabbath is a day to savor creation:  
We did not make ourselves.**



**STOP**

**Sabbath is a day to savor creation:**

**We did not make ourselves.**

**Sabbath is a day to savor salvation:**

**We did not save ourselves.**

STOP

**Sabbath is a day to savor creation:**

**We did not make ourselves.**

**Sabbath is a day to savor salvation:**

**We did not save ourselves.**

**Sabbath is a day to savor our sanctification:**

**We did not set ourselves apart.**



Exodus 31:17 ESV

**17 It is a sign forever between me and the people of Israel that in six days YHWH made heaven and earth, and on the seventh day he rested and was refreshed.**





**13 If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of YHWH honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly; 14 then you shall take delight in YHWH,**



**<sup>13</sup> If you watch your step on the Sabbath and don't use my holy day for personal advantage, If you treat the Sabbath as a day of joy, GOD's holy day as a celebration, If you honor it by refusing 'business as usual,' making money, running here and there— <sup>14</sup> Then you'll be free to enjoy GOD!**



**<sup>5</sup> In the same way, some think one day is more holy than another day, while others think every day is alike. Each person should have a personal conviction about this matter. <sup>6</sup> Those who have a special day for worshiping the Lord are trying to honor him.**



Martin Luther

**Serving men and maids must have a day of rest and refreshment, a day when they can gather to hear God's word, and to praise and pray. But in principle it is of no importance what day it is.**

STOP





Theodore Roosevelt

**You can worship anytime, anywhere, but  
unless you worship sometime,  
somewhere, you will not worship.**

STOP



Mark 2:27 ESV

**27 ...The Sabbath was made for man, not man for the Sabbath.**



STOP



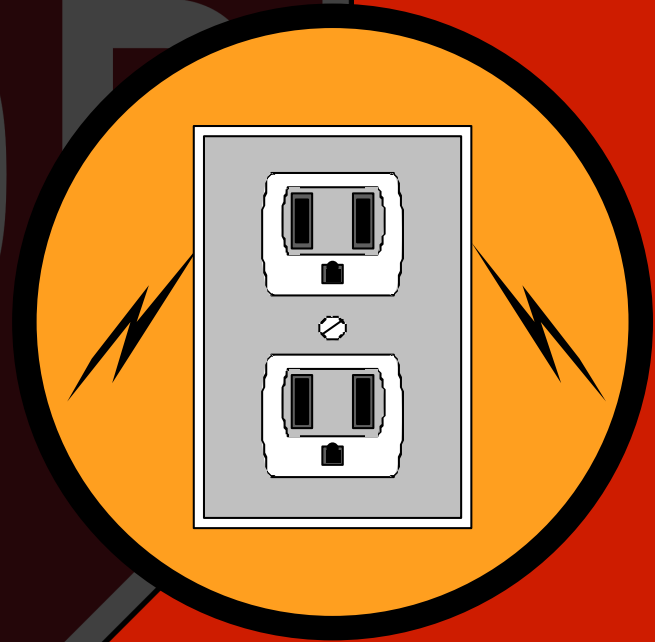
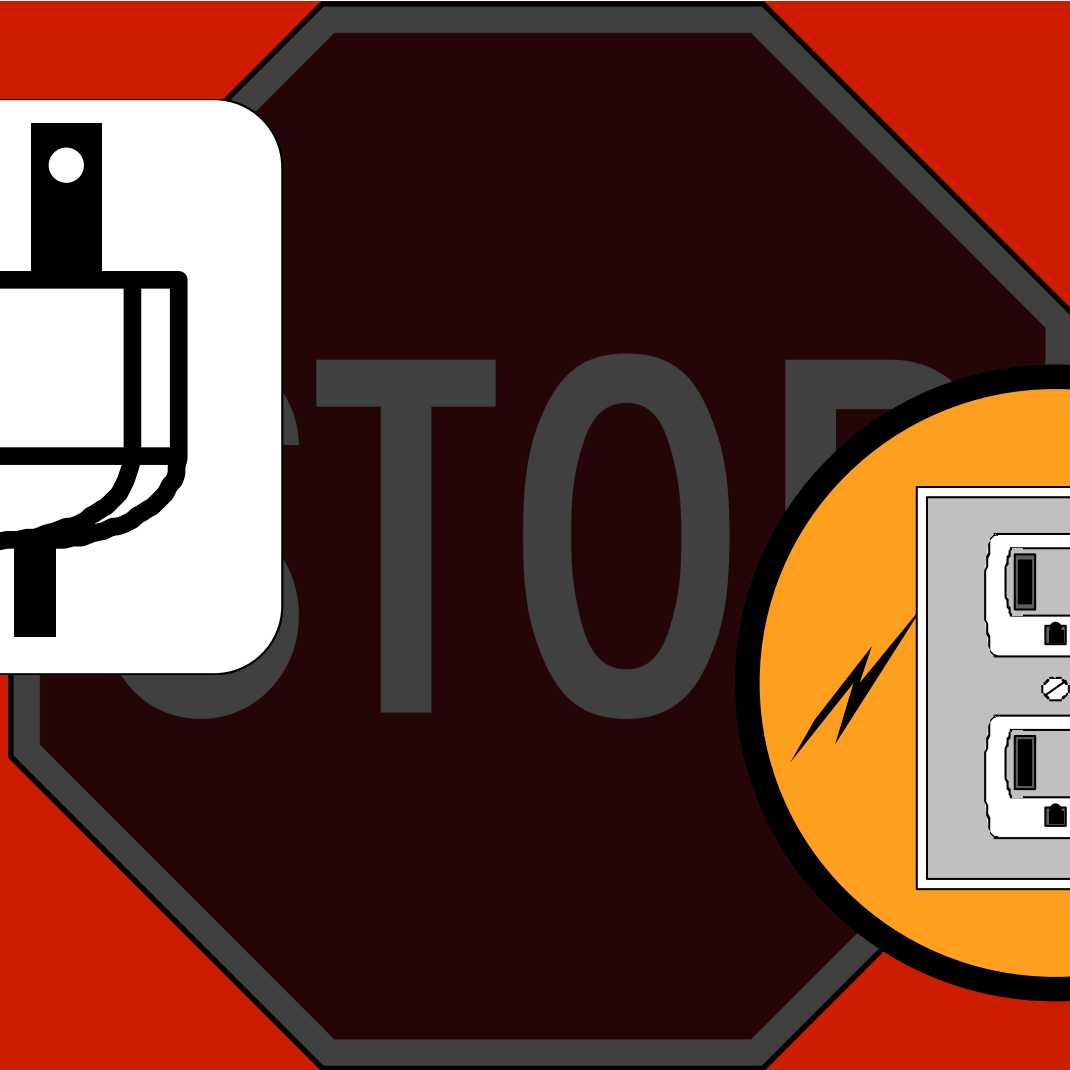
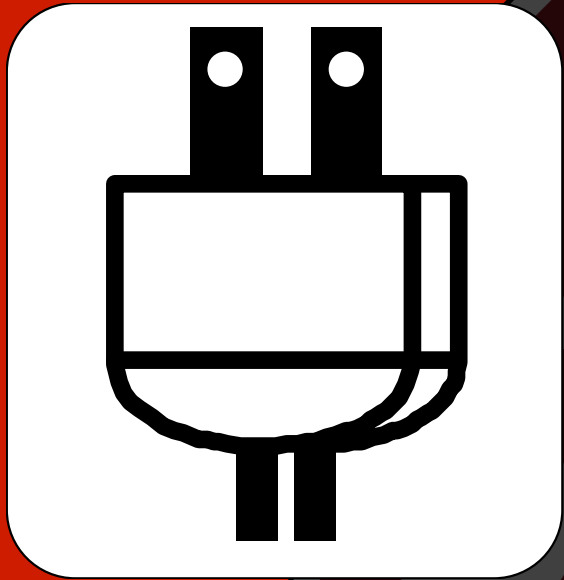
Matthew 12:8 ESV

**<sup>8</sup> For the Son of Man is lord of the Sabbath.**



STOP











Eugene Peterson

**Sabbath: Uncluttered time and space to distance ourselves from the frenzy of our own activities so we can see what God has been and is doing. If we do not regularly quit work for one day a week we take ourselves far too seriously.**

**Sabbath-keeping: Quieting the internal noise so we hear the still small voice of our Lord. Removing the distractions of pride so we discern the presence of Christ.**

Eugene Peterson

**Sabbath: Uncluttered time and space to detach ourselves from the people around us so that they have a chance to deal with God without our poking around and kibitzing. They need to be free from depending on us.**

**Sabbath-keeping: Separating ourselves from the people who are clinging to us, from the routines to which we are clinging for our identity...**

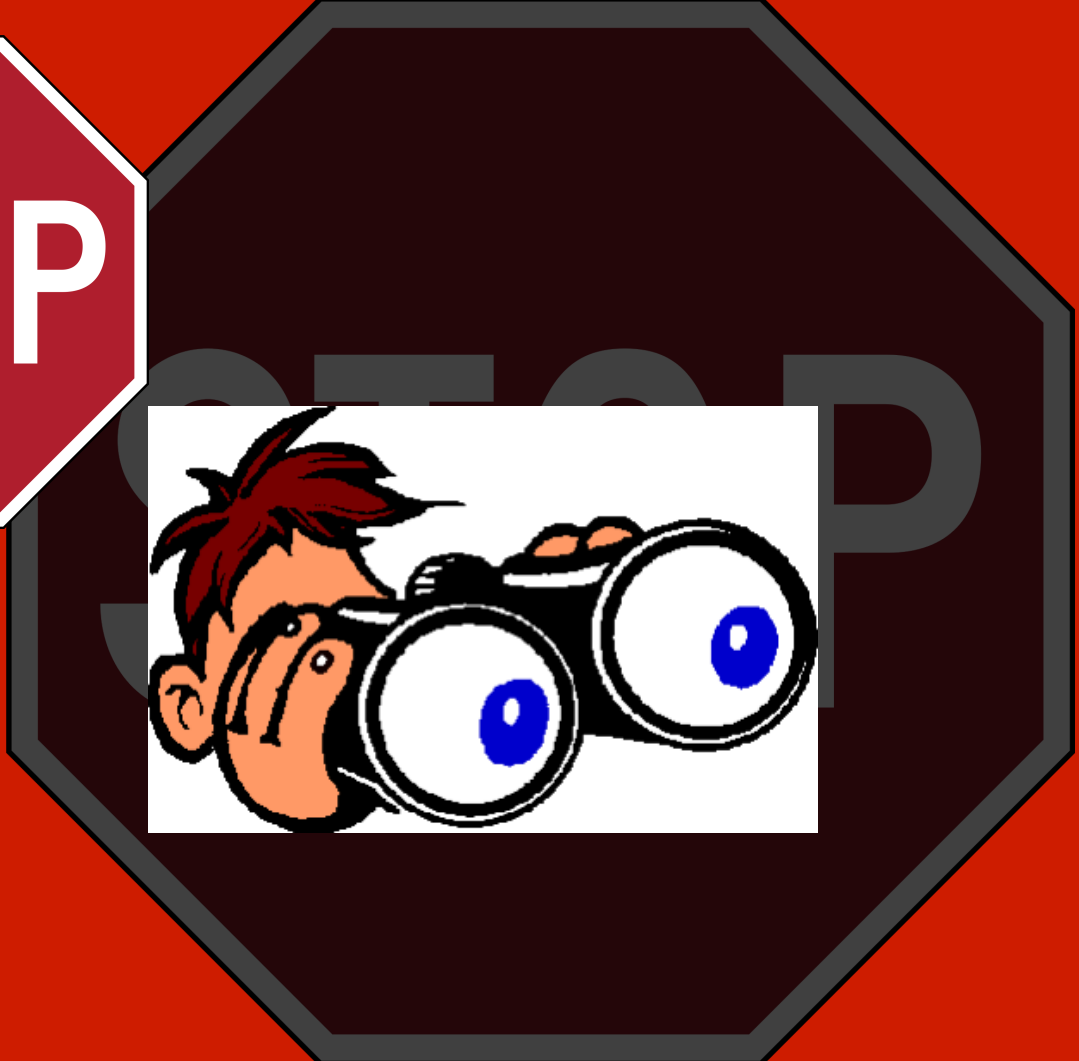
Eugene Peterson

**Sabbath-keeping is ... simply removing our  
bodies from circulation one day a week.**



**STOP**





- at what God is doing**
- at myself**
- at those I love**







**--to what God is saying**  
**--to myself**  
**--to those I love**



