



**THE TEN  
COMMANDMENTS**

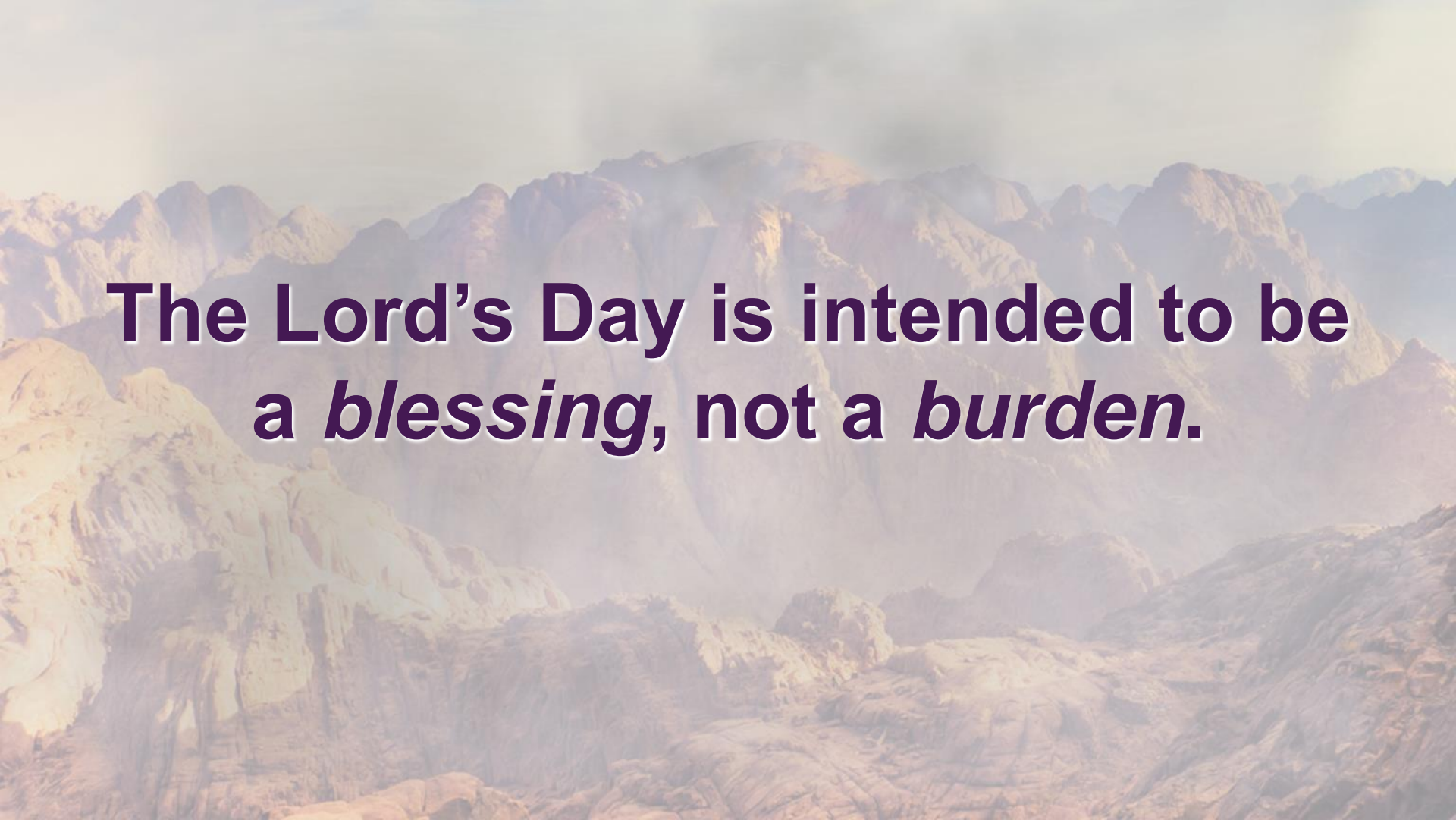


# ***Sabbath Rest***

**Exodus 20:8-11**

# LA Eruv

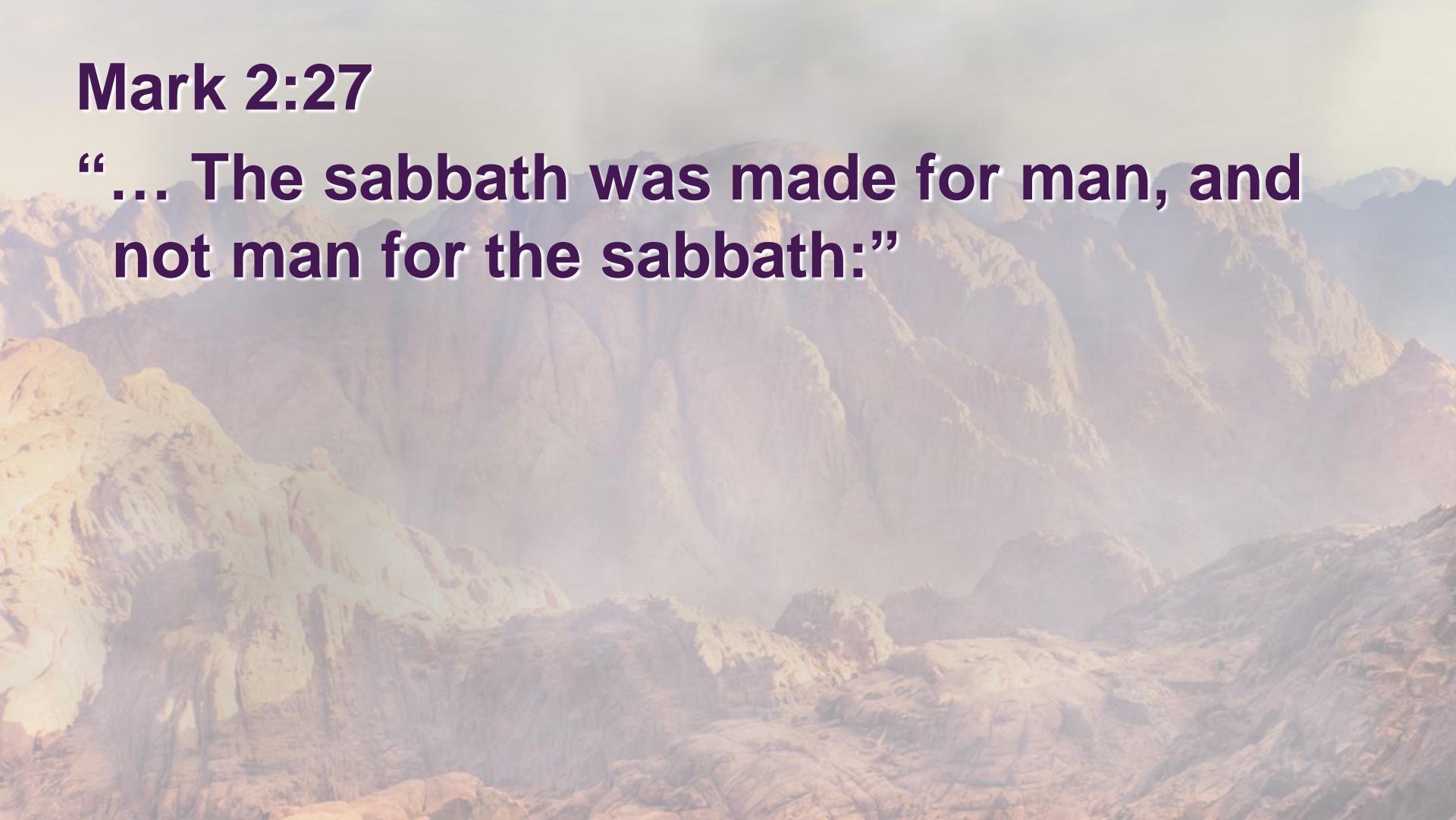




**The Lord's Day is intended to be  
a *blessing*, not a *burden*.**

## **Mark 2:27**

**“... The sabbath was made for man, and not man for the sabbath:”**

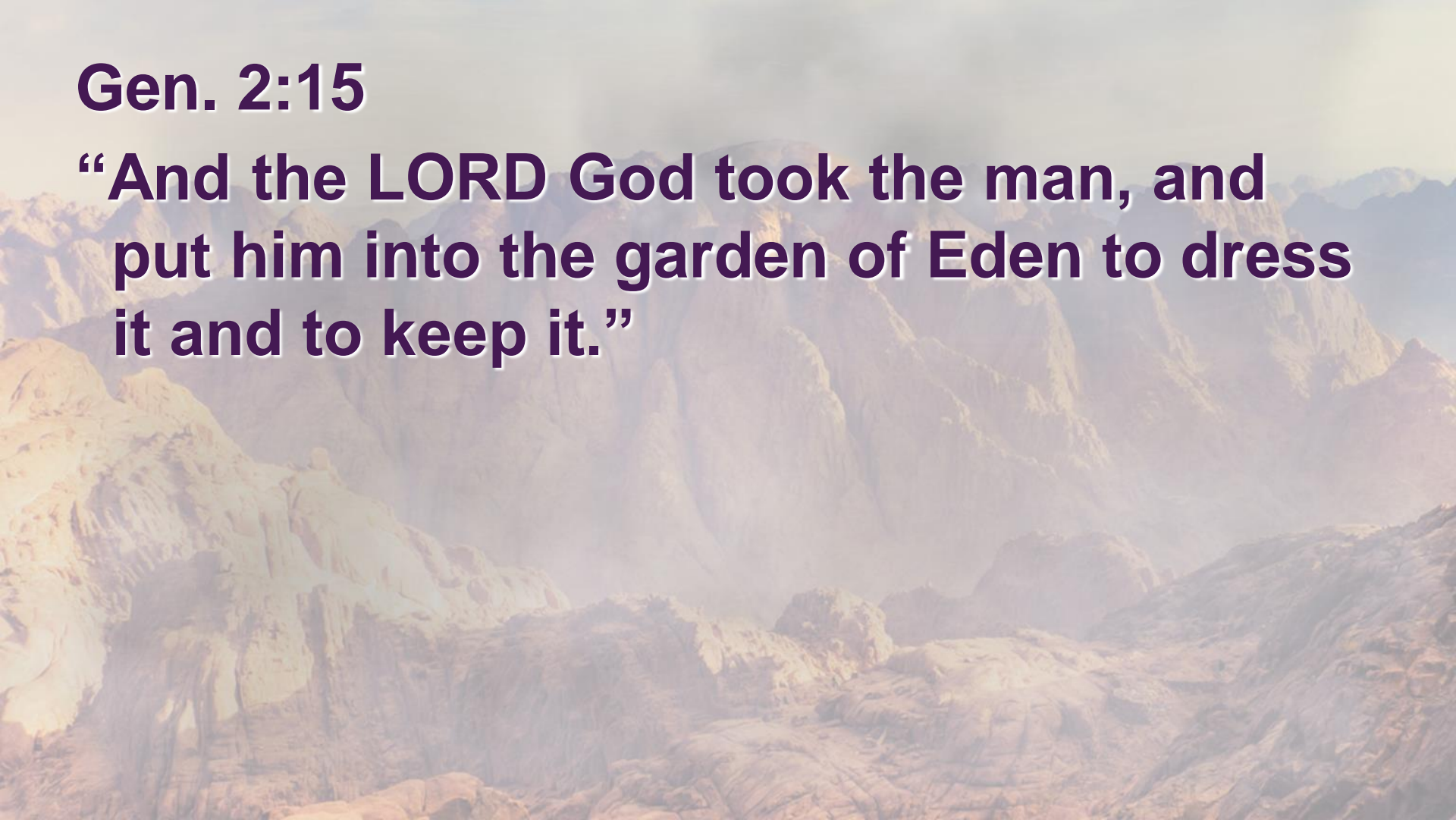


# 1. The Dignity of Work



**Gen. 2:15**

**“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.”**





**1. The Dignity of Work**

**2. The Blessing of Rest**

## **Gen. 2:2-3**

**“And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. 3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.”**



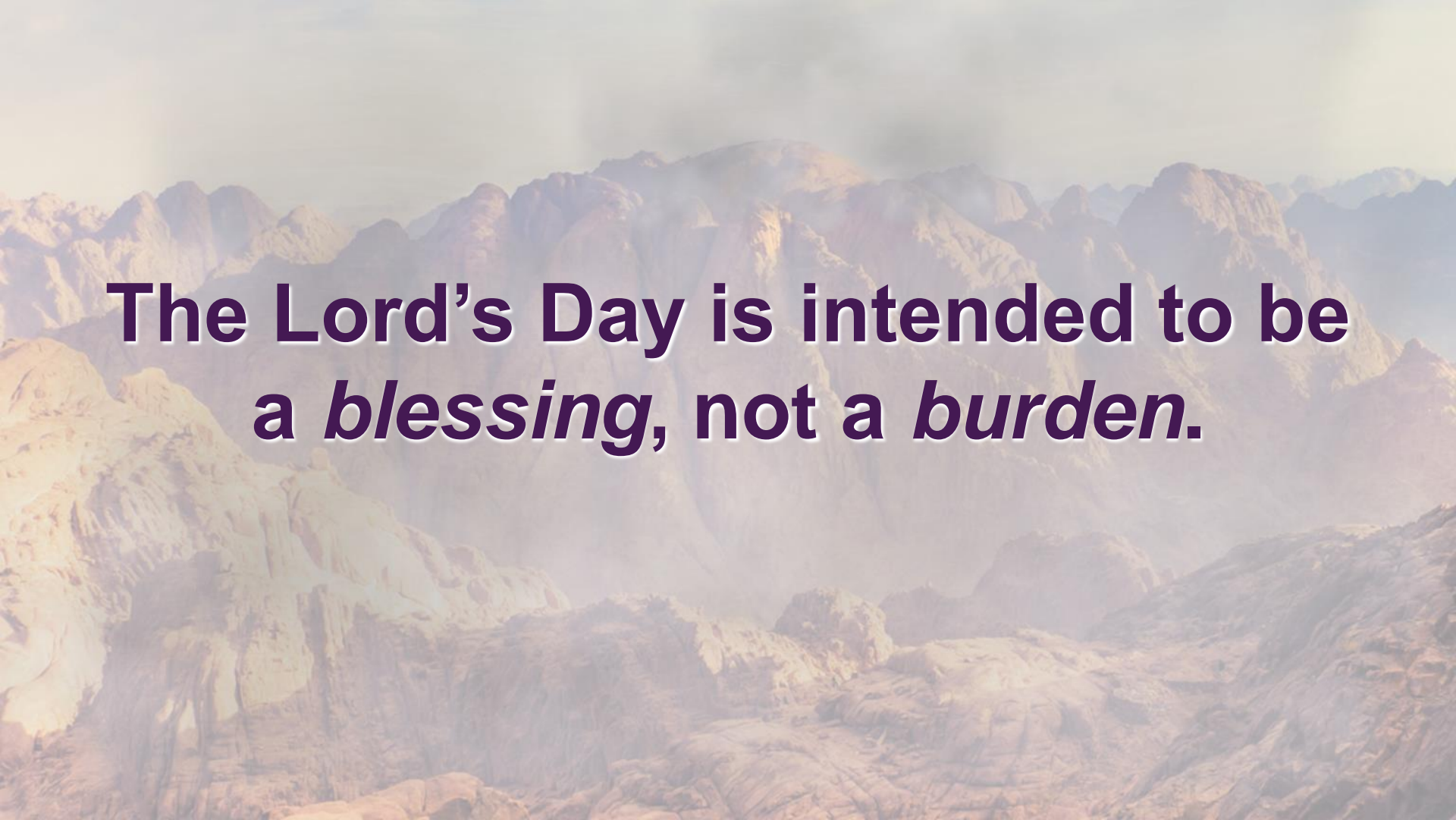
**1. The Dignity of Work**

**2. The Blessing of Rest**

**3. The Importance of Remembering**

## **Exo. 31:16-17**

**“Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant. 17 It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.”**



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