



The Notes

ONE

Part 2: One Day

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“By the seventh day God finished the work he had been doing, so he rested from all his work. God blessed the seventh day and made it a holy day, because on that day he rested from all the work he had done in creating the world.”

Genesis 2:2-3 (NCV)

THE SIMPLICITY OF THE SABBATH HAS THE POWER TO...

1. ... _____ US FROM WHAT _____ US

“God continued, ‘I am the Lord. I appeared to Abraham, Isaac and Jacob as the Mighty God. But I did not show them the full meaning of my name, The Lord. I also made my covenant with them. I promised to give them the land of Canaan. That is where they lived as outsiders. Also, I have heard the groans of the Israelites. The Egyptians are keeping them as slaves. But I have remembered my covenant. ‘So tell the people of Israel,

'I am the Lord. I will throw off the heavy load the Egyptians have put on your shoulders. I will set you free from being slaves to them. I will reach out my arm and save you with mighty acts when I judge Egypt. I will take you to be my own people.

I will be your God. I throw off the load the Egyptians have put on your shoulders. Then you will know that I am the Lord your God. I will bring you to the land I promised to give to Abraham, Isaac and Jacob. I lifted up my hand and promised it to them. The land will belong to you. I am the Lord.' Moses reported these things to the Israelites. But they didn't listen to him. That's because they had lost all hope and had to work very hard."

Exodus 6:2-9 (NIRV)

"Moses (to the leaders): Listen to what the Eternal commanded: Tomorrow, the seventh day, is to be a day of rest, a holy Sabbath dedicated to Him. Bake or boil whatever you need for today's meals. Whatever is left over, keep it to eat tomorrow. It won't spoil."

Exodus 16:23 (TVB)

"You and your family are to remember the Sabbath Day; set it apart, and keep it holy. You have six days to do all your work, but the seventh day is to be different; it is the Sabbath of the Eternal your God. Keep it holy by not doing any work— not you, your sons, your daughters, your male and female servants, your livestock, or any outsiders living among you."

Exodus 20:8-10 (TVB)

“You have six days to work. When the seventh day arrives, stop all work so that your ox and donkey can rest. When you observe the Sabbath Day, your female slave’s son and any outsider serving you have a chance to catch their breath and relax.”

Exodus 23:12 (TVB)

2. ... _____ US ON WHAT _____ US

“One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. But the Pharisees said to Jesus, ‘Look, why are they breaking the law by harvesting grain on the Sabbath?’

Jesus said to them, ‘Haven’t you ever read in the Scriptures what David did when he and his companions were hungry? He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.’ Then Jesus said to them, ‘The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.’”

Mark 2:23-27 (NLT)

“Then Jesus went over to their synagogue, where he noticed a man with a deformed hand. The Pharisees asked Jesus, ‘Does the law permit a person to work by healing on the Sabbath?’ (They were hoping he would say yes, so they could bring charges against him.)

And he answered, ‘If you had a sheep that fell into a well on the Sabbath, wouldn’t you work to pull it out? Of course you would. And how much more valuable is a person than a sheep! Yes, the law permits a person to do good on the Sabbath.’ Then he said to the man, ‘Hold out your hand.’ So the man held out his hand, and it was restored, just like the other one! Then the Pharisees called a meeting to plot how to kill Jesus.”

Matthew 12:9-14 (NLT)

3. ...NURTURE A _____ THAT
_____ US

“The believers met together in the Temple every day. They ate together in their homes, happy to share their food with joyful hearts. They praised God and were liked by all the people. Every day the Lord added those who were being saved to the group of believers.”

Acts 2:46-47 (NCV)

“Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense. And sing, sing your hearts out to God! Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way.”

Colossians 3:15-17 (MSG)