

CREATING A SABBATH HEART FOR WORSHIP
The Sabbath is Therapy for Your Soul
Exodus 20:8-11

1. REMEMBER the CHARACTER of the Sabbath. [Exodus 20:1]
 - To teach Israel how to REST and REJOICE in THE LORD THEIR GOD.
2. REMEMBER, this is my NAME forever. [Exodus 3:14]
 - *"I am who I say I am."*
3. REMEMBER, GOD chose to REVEAL Himself. [Matthew 1:23]
 - God made Himself known to us.
 - My well-being is important to God. [John 10:11]
4. REMEMBER, this is a HOLY DAY. [Exodus 20:8]
 - This is to be kept purely for God's glory.
5. REMEMBER, this is a COMMAND. [Exodus 20:10a]
 - This is not something optional.
6. REMEMBER, this is a day of REFLECTION. [Exodus 20:10b]
 - Be still and know that I am God.
 - Give God your attention.
7. WHAT must we REMEMBER? [Exodus 20:2]
 - To develop a SABBATH heart.
8. REMEMBER, there is a SABOTEUR. [John 10:10]
 - The Devil is committed to bringing you down.
 - John 10:10, "The thief comes to steal and kill and destroy."
9. REMEMBER, there is a SAVIOR. [John 10:11]
 - John 10:11 "I have come to GIVE LIFE and to GIVE it more abundantly."
 - Abundant life is filled with forgiveness, love, compassion, and peace.

