



ROOTED

EMOTIONALLY
HEALTHY
FAITH THAT
LASTS











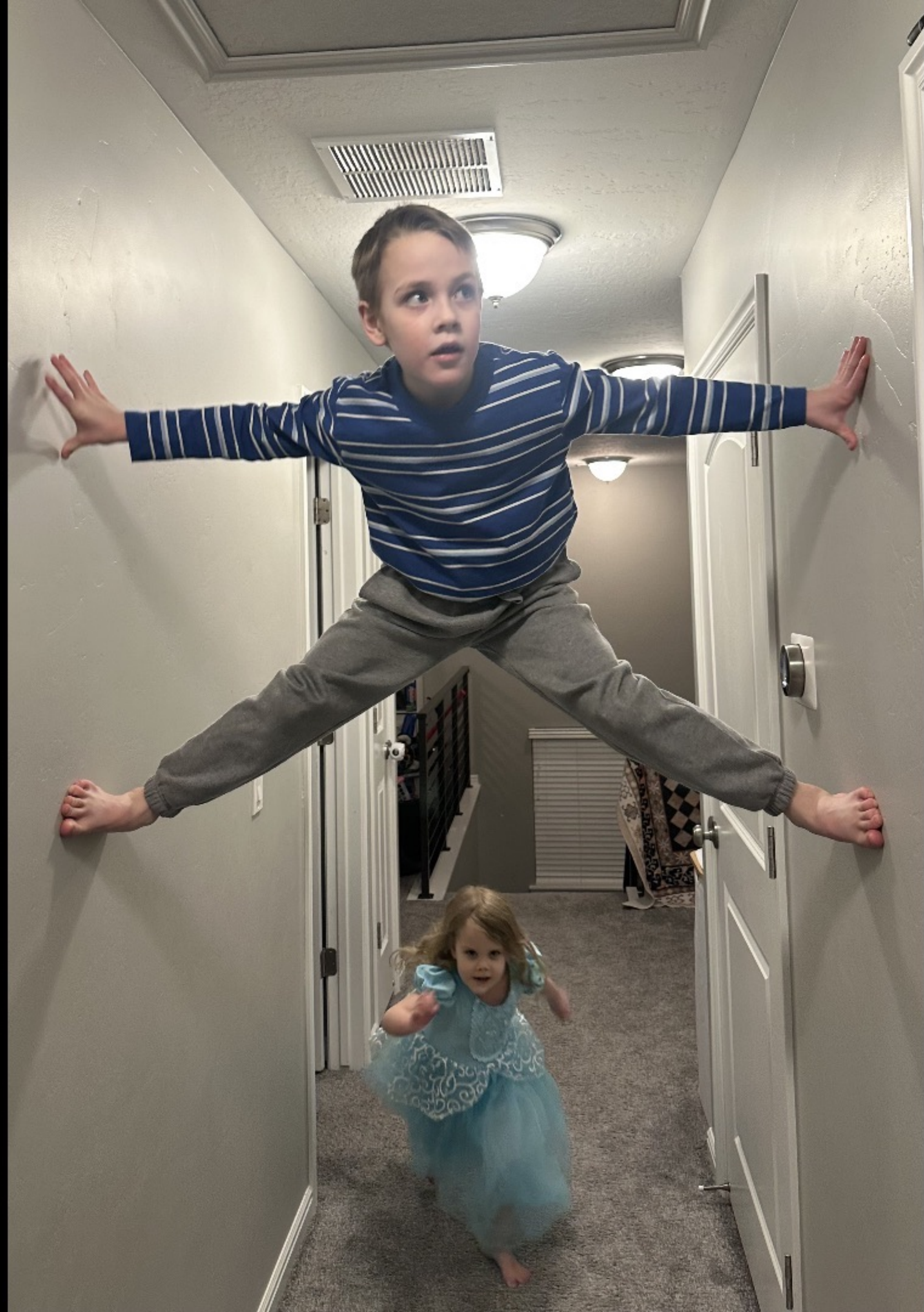


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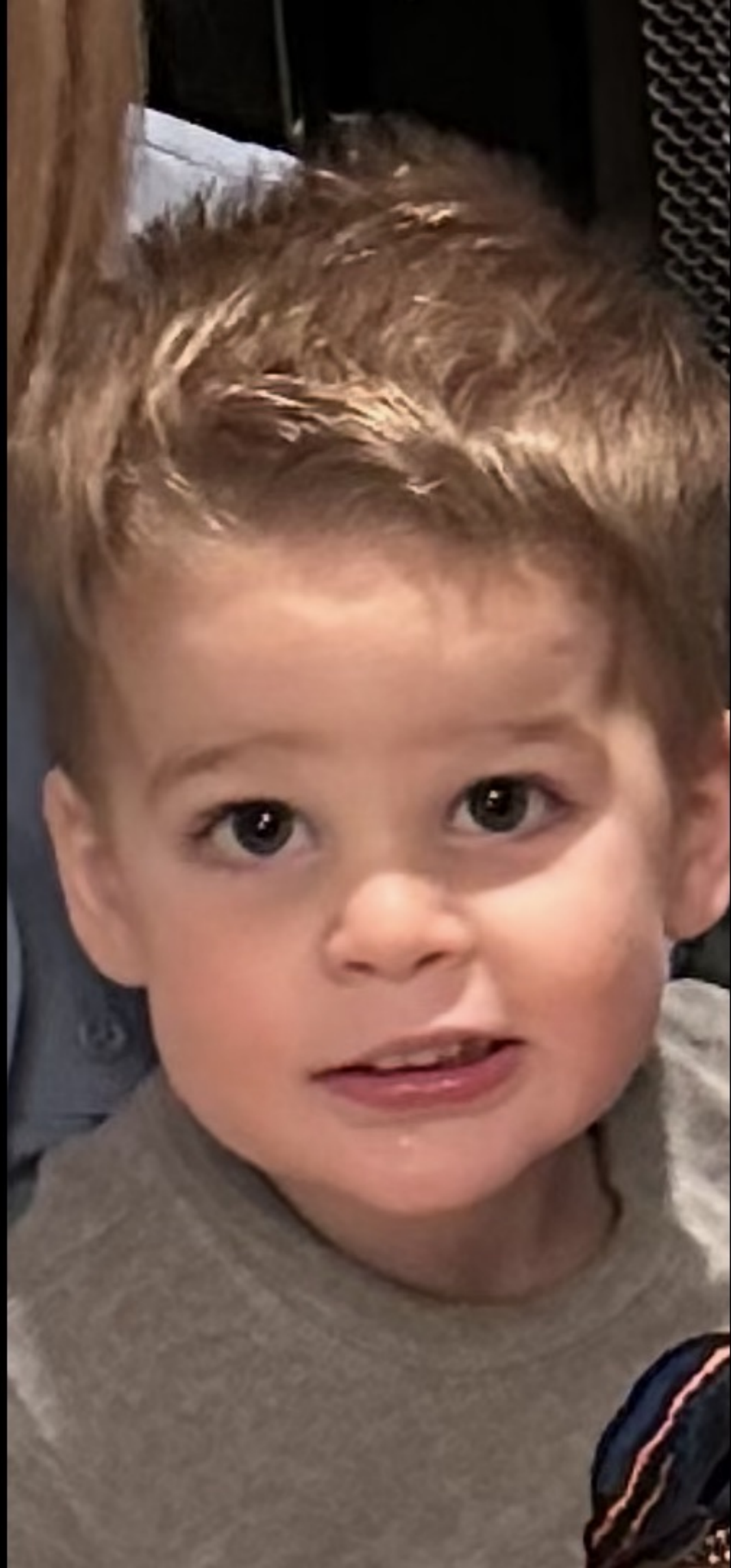
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**THE FOURTH
COMMANDMENT**

EXODUS 20:8-11

REMEMBER THE SABBATH DAY BY KEEPING IT HOLY.⁹ SIX DAYS YOU SHALL LABOR AND DO ALL YOUR WORK,¹⁰ BUT THE SEVENTH DAY IS A SABBATH TO THE LORD YOUR GOD. ON IT YOU SHALL NOT DO ANY WORK, NEITHER YOU, NOR YOUR SON OR DAUGHTER, NOR YOUR MALE OR FEMALE SERVANT, NOR YOUR ANIMALS, NOR ANY FOREIGNER RESIDING IN YOUR TOWNS.

EXODUS 20:8-11

¹¹ FOR IN SIX DAYS THE LORD MADE THE HEAVENS AND THE EARTH, THE SEA, AND ALL THAT IS IN THEM, BUT HE RESTED ON THE SEVENTH DAY. THEREFORE, THE LORD BLESSED THE SABBATH DAY AND MADE IT HOLY.



DAY #1

GENESIS 2:1-3

THUS, THE HEAVENS AND THE EARTH WERE COMPLETED IN ALL THEIR VAST ARRAY.² BY THE SEVENTH DAY GOD HAD FINISHED THE WORK HE HAD BEEN DOING; SO ON THE SEVENTH DAY HE RESTED FROM ALL HIS WORK.³ THEN GOD BLESSED THE SEVENTH DAY AND MADE IT HOLY, BECAUSE ON IT HE RESTED FROM ALL THE WORK OF CREATING THAT HE HAD DONE.

SHAWBATH

**TO REPOSE, I.E. DESIST FROM EXERTION;
CEASE, CELEBRATE, MAKE/KEEP
(SABBATH), PUT AWAY (DOWN), (MAKE
TO) REST, RID, STILL, TAKE AWAY.]**

ISAIAH 56:1-2 NIV

THIS IS WHAT THE LORD SAYS: "MAINTAIN JUSTICE AND DO WHAT IS RIGHT, FOR MY SALVATION IS CLOSE AT HAND AND MY RIGHTEOUSNESS WILL SOON BE REVEALED. BLESSED IS THE ONE WHO DOES THIS— THE PERSON WHO HOLDS IT FAST, WHO KEEPS THE SABBATH WITHOUT DESECRATING IT, AND KEEPS THEIR HANDS FROM DOING ANY EVIL.



DO WHAT IS RIGHT

EXODUS 31:14 - 17

¹⁴ OBSERVE THE SABBATH, BECAUSE IT IS HOLY TO YOU. ANYONE WHO DESECRATES IT IS TO BE PUT TO DEATH; THOSE WHO DO ANY WORK ON THAT DAY MUST BE CUT OFF FROM THEIR PEOPLE. ¹⁵ FOR SIX DAYS WORK IS TO BE DONE, BUT THE SEVENTH DAY IS A DAY OF SABBATH REST, HOLY TO THE LORD. WHOEVER DOES ANY WORK ON THE SABBATH DAY IS TO BE PUT TO DEATH.

EXODUS 31:14-17

¹⁶ THE ISRAELITES ARE TO OBSERVE THE SABBATH, CELEBRATING IT FOR THE GENERATIONS TO COME AS A LASTING COVENANT. ¹⁷ IT WILL BE A SIGN BETWEEN ME AND THE ISRAELITES FOREVER, FOR IN SIX DAYS THE LORD MADE THE HEAVENS AND THE EARTH, AND ON THE SEVENTH DAY HE RESTED AND WAS REFRESHED.



THE ULTIMATE REST

HEBREWS 4:9

**THERE REMAINS, THEN, A SABBATH-REST FOR THE PEOPLE OF
GOD; ¹⁰ FOR ANYONE WHO ENTERS GOD'S REST ALSO RESTS
FROM THEIR WORKS, JUST AS GOD DID FROM HIS.**

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