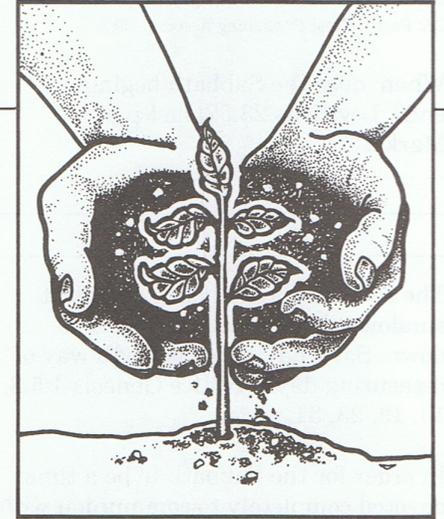




Stay Alive

with Jesus...



**LORD OF
YOUR TIME**

LESSON 11

sundown, Saturday. This is God's way of measuring days. Notice Genesis 125,8, 13, 19, 23, 31.

11. In order for the Sabbath to be a time devoted completely to communion with your Lord, the Bible teaches that all secular work and plans be laid aside. To be sure you'll be ready for your Weekly appointment with Him, God suggests a preparation day for the Sabbath. Which day is this? Exodus 16:23-30; Mark 15:42

12. Throughout history, God's people have kept the Sabbath as a sign of His creating and saving power. Did Jesus keep the Sabbath? Luke 4:16

13. Did the disciples keep it? Luke 23:54-56

14. Did Paul keep it? Acts 17:2

You will keep it, too, if you've asked Jesus, who is Lord of the Sabbath, to be Lord of your life.

15. Even in the New Earth, you will remember His day. What will you do? Isaiah 66:22,23

Here is God's blessing for people who follow his work/rest principle. Thousands of years after He made these promises, statistics prove that the people who live by His plan reap great results!

▼ **GOD IS THE CREATOR**

4. Why is it important to follow God's work/rest principle? Exodus 20:11

When you follow God's plan of Work and rest, you are following His own example at creation and you are also verifying that you believe He is the creator of the world.

5. Who is this Creator-God? Hebrews 1:2

Your Saviour and Lord, Jesus Christ, is the Creator-God of this earth! It's because He made the world, that He cares enough to save the world.

▼ **GOD IS THE SAVIOUR**

6. What does God call the Sabbath and why does He call it this? Exodus 31:13; Ezekiel 20:12,20

7. When you rest on the Sabbath, what is it a sign of?
Hebrews 4:9,10

By resting the seventh day of the week, you show that you believe you cannot be saved by works but only by resting or trusting in God.

8. How are you saved from sin? Ephesians 2:8,9

The Sabbath is just one more sign God has given you to remind you that you cannot save yourself.

9. What relationship did Jesus say He had to the Sabbath? Mark 2:28

Since Jesus is the Lord of the Sabbath and Lord of your life, He has given instructions on how to “remember His day to keep it holy.”

▼ **WHAT SHOULD YOU DO ON THE SABBATH**

a. Leviticus 23:3; Exodus 20:8-11

b. Nehemiah 13:15-19

c. Isaiah 58:13

d. Luke 4:16; Hebrews 10:25

e. Matthew 12:11-13

“The Sabbath is not intended to be a period of useless inactivity. The law forbids secular labour on the rest day of the Lord; the toil that gains a livelihood must cease: no labour for worldly pleasure or profit is lawful upon that day; but as God ceased His labour of creating, and rested upon the Sabbath and blessed it, so man is to leave the occupations of his daily life, and devote those sacred hours to healthful rest, to worship, and to holy deeds.”

(Ellen White, The Desire of Ages, Mountain View, CA: Pacific Press Publishing Assoc., p. 207)

10. When does the Sabbath begin and end? Leviticus 23:32, last part; Mark 1:32

The seventh-day Sabbath begins at sundown, Friday and ends at