A How should we keep the Sabbath?
❖ God wanted to remind the Israelites of the Sabbath in a practical way (Exodus 16):
— He supplied by sending "bread from heaven" (v. 4).
— He encouraged them to trust Him by gathering up only their daily portion (v. 4).
— He made a miracle every week to teach them to keep the seventh day. They didn't have to work for their needs on the Sabbath (v. 6, 23).
❖ The double portion of mana which didn't get maggoty taught them to enjoy the Sabbath with God.

B Why should we keep the Sabbath?
❖ Exodus 20:8-11 encourages us to remember the creative power of God, and to rest on the Sabbath as He did (Genesis 2:2).
❖ Deuteronomy 5:15-15 encourages us to remember the redeeming power of God. He delivered Israel and He also delivers us from sin.
❖ Sabbath is a moment when we can pause the frenzy of our lives, and come together to grow spiritually with our Creator and Redeemer.
❖ God has established the Sabbath as a distinctive mark of those who want to worship Him in the way He wants to be worshipped (Ezekiel 20:12).

C Who should keep the Sabbath?
❖ The benefit of Sabbath rest includes everyone. No matter the age, gender or social status. Even animals should rest on the Sabbath.
❖ We should invite those who are staying at our home to enjoy the Sabbath too.
❖ Keeping the Sabbath removes every social barrier, making everyone equal. This is a reminder of Redemption (Galatians 3:28).

D What is lawful to do on the Sabbath?
❖ The Pharisees had overloaded the Sabbath with rules so strict that they couldn't heal a sick person on the Sabbath (Luke 13:14).
❖ The example of Jesus is clear; helping the heartbroken and doing works of mercy and benevolence on the Sabbath is lawful. There are seven healing examples on the Sabbath registered in the Gospels.
(1) The man with a withered hand (Matthew 12:9).
(2) The demon-possessed man (Mark 1:21-28).
(7) The man born blind (John. 9).

E Does the land keep the Sabbath?
❖ The land was left fallow, without sowing or harvesting, every seven years—the Sabbatical year—, and one year every seven weeks of years—Jubilee. (Leviticus 25)
❖ During this Sabbath of the land, they were called to share with those in need. They couldn't harvest or store the product of the fields.
❖ The Sabbath encourages us to stop over-caring about ourselves, and to “seek first the kingdom of God and His righteousness.” (Matthew 6:33)