









READ EXODUS 20:8-11.

ACCORDING TO EXODUS 20:2, WHO IS SPEAKING?

WHAT IS THE SABBATH?

WHEN DID GOD HONOR THE SABBATH? (GENESIS 2:1-3)

WHEN DO YOU REST? SLEEPING DOESN'T COUNT!

READ PSALM 46:10.

WHAT DOES IT MEAN TO "BE STILL AND KNOW THAT (YAHWEH) IS GOD"?

IT'S IMPORTANT TO GOD THAT WE FIND TIME TO REST. OUR WORLD DOESN'T WANT US TO REST - IT WANTS TO KEEP US BUSY WITH SCHEDULES AND SCHOOL AND CELL PHONES AND TABLETS AND SPORTS AND EVERYTHING! TAKE SOME TIME EACH DAY TO BE STILL AND KNOW THAT YAHWEH IS GOD!