

## IV: The Sanctity of Time

Exodus 20:8-11

**Exodus 20:8** - *Remember the Sabbath day, to keep it holy.*

### I. What is the Sabbath?

1. It is a sign of God's covenant. Exodus 31:12-17
2. It is a time of refreshment. Exodus 23:12
3. It is a day of liberation. Luke 13:15-16
4. It is a day of testimony. Exodus 16:27-30

### II. What sins are prohibited?

1. Do not be afraid. Psalm 23:4
2. Do not be anxious. Matthew 6:25, 34
3. Do not worry. Romans 8:28
4. Do not chase your independence. 2 Corinthians 3:5

### III. What duties are required?

1. Put your trust in Christ. Colossians 2:16-17
2. Find your rest in Christ. Matthew 11:28-30
3. Trust your eternity to Christ. Hebrews 4:9-10