



Exodus 20:8-11 (TEV)*

8 "Observe the Sabbath and keep it holy. 9 You have six days in which to do your work, 10 but the seventh day is a day of rest dedicated to me. On that day no one is to work—neither you, your children, your slaves, your animals, nor the foreigners who live in your country. In six days I, 3434, made the earth, the sky, the seas, and everything in them, but on the seventh day I rested. That is why I, 3434, blessed the Sabbath and made it holy.

Genesis 2:1-3 (NIV)

1 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 And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Isaiah 66:22-23 (NKJV)*

²² "For as the new heavens and the new earth Which I will make shall remain before Me," says 3431/4, "So shall your descendants and your name remain. ²³ And it shall come to pass *That* from one New Moon to another, And from one Sabbath to another, All flesh shall come to worship before Me," says 3434.

Mark 2:23-24 (NKJV)

Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. ²⁴ And the Pharisees said to Him, "Look, why do they do what is not lawful on the Sabbath?"

Mark 2:25-28 (NKJV)

25 But He said to them, "Have you never read what David did when he was in need and hungry, he and those with him: ²⁶ how he went into the house of God *in* the days of Abiathar the high priest, and ate the showbread, which is not lawful to eat, except for the priests, and also gave some to those who were with him?" 27 And He said to them, "The Sabbath was made for man, and not man for the Sabbath. 28 Therefore the Son of Man is also Lord of the Sabbath."

Matthew 12:9-10 (NKJV)

⁹ Now when He had departed from there, He went into their synagogue. ¹⁰ And behold, there was a man who had a withered hand. And they asked Him, saying, "Is it lawful to heal on the Sabbath?"--that they might accuse Him.

Matthew 12:11-13 (NKJV)

Then He said to them, "What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? 12 Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath." 13 Then He said to the man, "Stretch out your hand." And he stretched it out, and it was restored as whole as the other.

Exodus 23:12 (NLT2)

"You have six days each week for your ordinary work, but on the seventh day you must **stop working**. This gives your ox and your donkey **a chance to rest**. It also allows your slaves and the foreigners living **among you to be refreshed**.

Luke 4:16-19 (NIV)*

16 He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. And he stood up to read. 17 The scroll of the **prophet Isaiah** was handed to him. Unrolling it, he found the place where it is written: 18 "The Spirit of 3434 is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, 19 to proclaim the year of 3434's favor."

Luke 4:20-21, 31-32 (NKJV)

²⁰ Then He closed the book, and gave *it* back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. ²¹ And He began to say to them, "Today this Scripture is fulfilled in your hearing." ³¹ Then He went down to Capernaum, a city of Galilee, and was teaching them on the Sabbaths. ³² And they were astonished at His teaching, for His word was with authority.

Matthew 11:28-30 (NLT2)*

28 Then ow 431/ said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you **rest**. ²⁹ Take my **yoke** upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

