

The background features a vertical gradient from purple at the top to green at the bottom. Scattered throughout are various musical symbols, including a large treble clef in the upper left, several eighth and quarter notes, and vertical stems, all rendered in a light purple or blue color.

GOD'S RHYTHMS *of* GRACE

Keeping the Sabbath Holy

Deuteronomy 5:12

**Observe the Sabbath day by
keeping it holy, as the Lord your
God has commanded you.**

Deuteronomy 5:13

You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.

Deuteronomy 5:14a

On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you.

Deuteronomy 5:14b

**All your male and female
servants must rest as you do.**

Deuteronomy 5:15

Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.

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Rhythms of Grace

God's intentional and spiritual patterns for humanity that account for the nourishment His children need for redemption, rest, and renewal as they each run their race.

Principle #1

Keeping the Sabbath holy is God's command for you to have regular, recurring intervals of rest and renewal. The Sabbath is meant to occupy a sacred and nonnegotiable place in your life.

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Keeping the Sabbath holy is God's command for you to have regular, recurring intervals of rest and renewal. The Sabbath is meant to occupy a sacred and nonnegotiable place in your life.

Principle #2

Keeping the Sabbath holy is a part of God's rhythms of grace for you because it bears witness to the gift of life, its meaning, the way you understand it, and its ultimate purpose in God.

Exodus 20:11

For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Principle #2

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Keeping the Sabbath holy is the way God wants us to acknowledge His big picture. The big picture is that He is on the throne, that this world is His world, and that our existence is His gift to us. The big picture is not me, my family, my country, my world, my desires, etc.

Principle #3

Keeping the Sabbath holy is a part of God's rhythm for your life because it requires legitimate trust in Him.

Principle #4

Keeping the Sabbath holy is not about specific dos and don'ts as much as it is about loving God with all your heart, mind, soul, and strength.

Principle #5

God's command to keep the Sabbath holy is only for those who have been redeemed by their relationship with our Lord and Master.

Imposing His Laws

What do we hope to accomplish by imposing God's commands on those who do not know him?

- **To Make Better Citizens?**
- **To Make Better Behaved Children?**
- **For a Better Society?**

The goal of the gospel is to change those who are not God's people into those who are. Paying public lip service to prayer or placing the Ten Commandments in public places, more often than not, only leads to promoting false religion.

Principle #6

**Keeping the Sabbath holy
will keep us connected to God
in any and every storm.**

Principle #7

Keeping the Sabbath holy will always be a part of the rhythms of God's grace, because it is God's metronome for our lives.

**Keeping the Sabbath holy is one
of the threads that ties all of
God's individual instruments into
one cohesive Magnum Opus.**

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