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What are



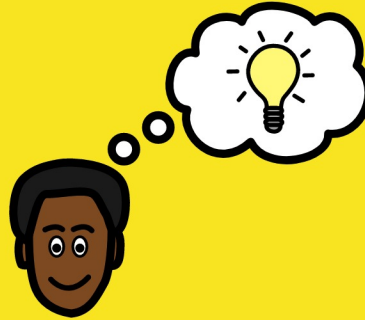
different things that



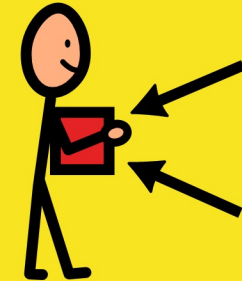
keep you busy?



Exodus 20:8-11



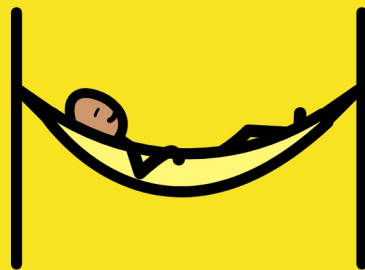
Remember the Sabbath day



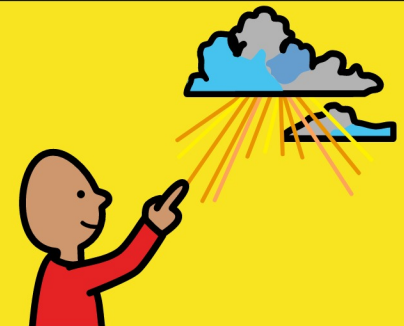
by keeping it holy. Six days



you have to do all your work,

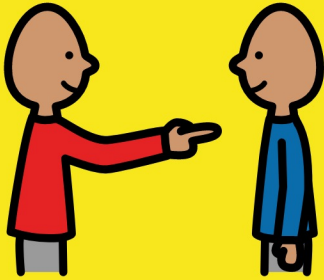


but the 7th day is a Sabbath



to the Lord your God.

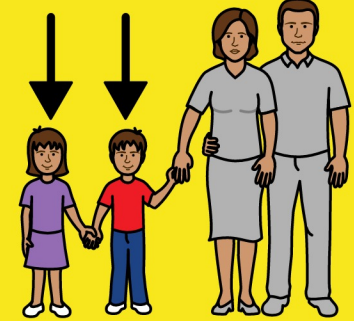
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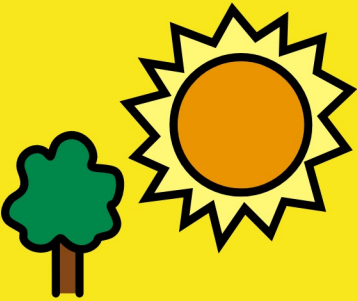
On it you should not do any



work. Neither should your



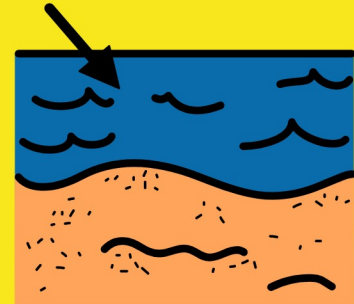
children or your animals.



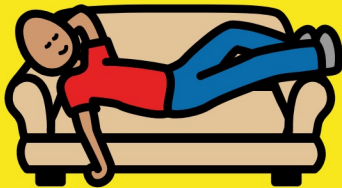
In six days the Lord made



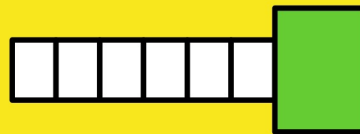
the heavens and the earth,



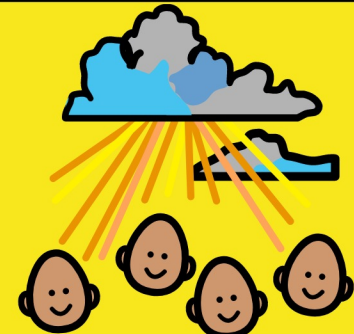
the sea and all that is in



them, but he rested on the



7th day. The Lord blessed



the Sabbath and made it holy.

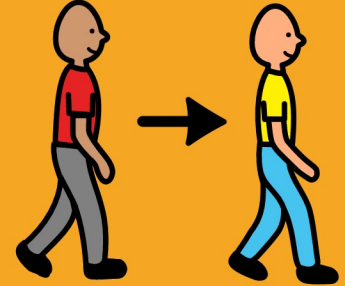
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In your own words what is



God telling people to do?



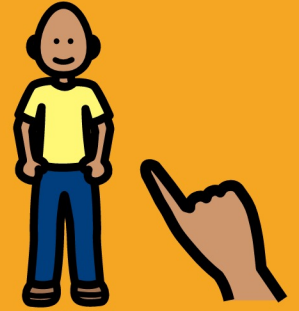
How can we remember the



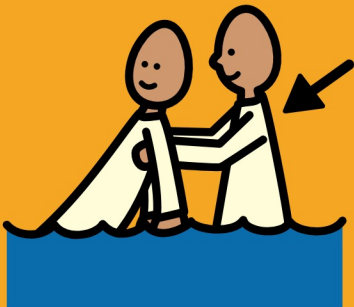
Sabbath and keep it holy?



What are different things



you do to "rest" in God?



Resting in



God brings



us freedom.