



## “The Sabbath”

*Relishing Grace  
Exodus 16:22-36*

The Sabbath teaches us to :

### I. Rest-“Tomorrow is the rest of the holy sabbath” (vs. 22-26)

*Realizing God is:*

- A. **Preserving** – “did not stink neither...any worm”
- B. **Providing** – “today ye shall not find it in the field”
- C. **Preeminent** – “a sabbath unto the Lord”

### II. Rely -“the LORD has given you the sabbath” (vs. 27-31)

*Relying on God to work through:*

- A. **Fruit** – “on the seventh day ...they found none”
- B. **Faith** – “how long refuse ye to keep my commandments”
- C. **Family** – “let no man go out of his place”

### III. Remember - “ to be kept for your generations” (vs. 32-36)

*Remembering God’s works:*

- A. **Endears** – “I have fed you in the wilderness”
- B. **Encourages** - “I brought you forth from the land of Egypt”
- C. **Exalts** - “laid it up before the Testimony, to be kept”

## Sentence Sermon:

**“Realizing and Relishing God’s grace only happens as we learn to rest in it.”**

## Additional Verses

- **Matthew 11:28-30**
- **Jeremiah 6:16**
- **Hebrews 9:4**
- **Hebrews 4:9-11**
- **Exodus 20:8-10**
- **Exodus 33:14**
- **Psalm 62:1-2 ; Psalm 116:7 ; Psalm 46:10**

## Sabbath

- **Genesis 2:1-4; 8:22**
- **Exodus 16:28-29; 20:8-11; 31:13-17; 35:3**
- **Numbers 15:32-36**
- **Ezekiel 20:12, 19-20**
- **Nehemiah 9:13-14**

## Questions to Ponder:

1. What are the key words or phrases in this passage?
2. Who is the central character of the passage?
3. What was necessary for Israel to observe the sabbath?
4. What are some “signs” that God endorsed the sabbath?
5. How can we tell that some of the people did not believe?
6. What requirement of the sabbath do seventh day Adventists violate? (Hint ...verse 29)
7. How hard is it to rest for a whole day? Why?
8. What did God want Israel to remember from v. 32?
9. What is the miracle of verses 32-34?