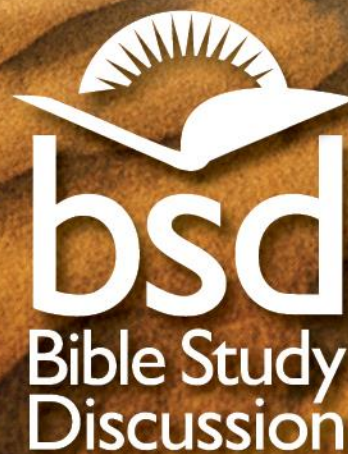


# WELCOME TO BSD

2014-2015



MEMORIAL DRIVE  
PRESBYTERIAN CHURCH



# **Memory Verses**



**Remember the Sabbath day  
by keeping it holy.**

**Exodus 20:8**

שבת שלום

SHABBAT  
SHALOM

(Sabbath Peace to you)

[http://www.youtube.com/watch?v=-  
MBgACM\\_LcE&list=PLwBzf61ddfpo8yPDWq3XH44UE5  
mHrs5aH](http://www.youtube.com/watch?v=-MBgACM_LcE&list=PLwBzf61ddfpo8yPDWq3XH44UE5mHrs5aH)

Stop song at the 56 second mark



**Shabbat = Sabbath**

**Yeshua = Jesus**

**Challah = 3 braided bread**

**Oneg Shabbat= food,fellowship**

**Erev Shabbat = Friday night**

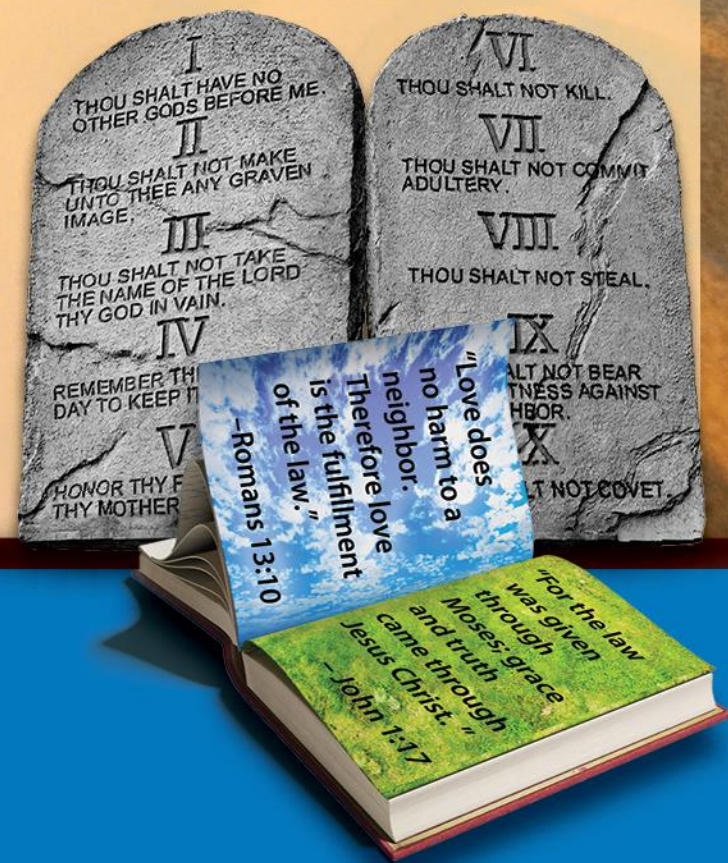
**Shabbat Shalom = Sabbath Peace**

# Lesson 4:

# Keeping the

# Sabbath Holy

Exodus 20:8-11

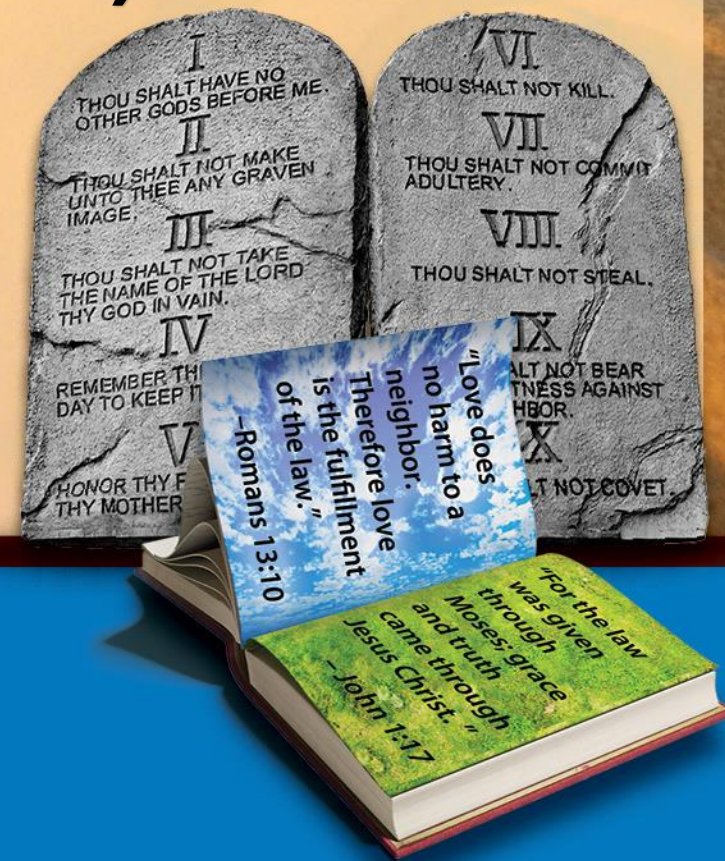




**Exodus 20:8-11 says:**

**Remember the Sabbath day by  
keeping it holy.**

**Six days you shall labor and  
do all your work, (NIV)**



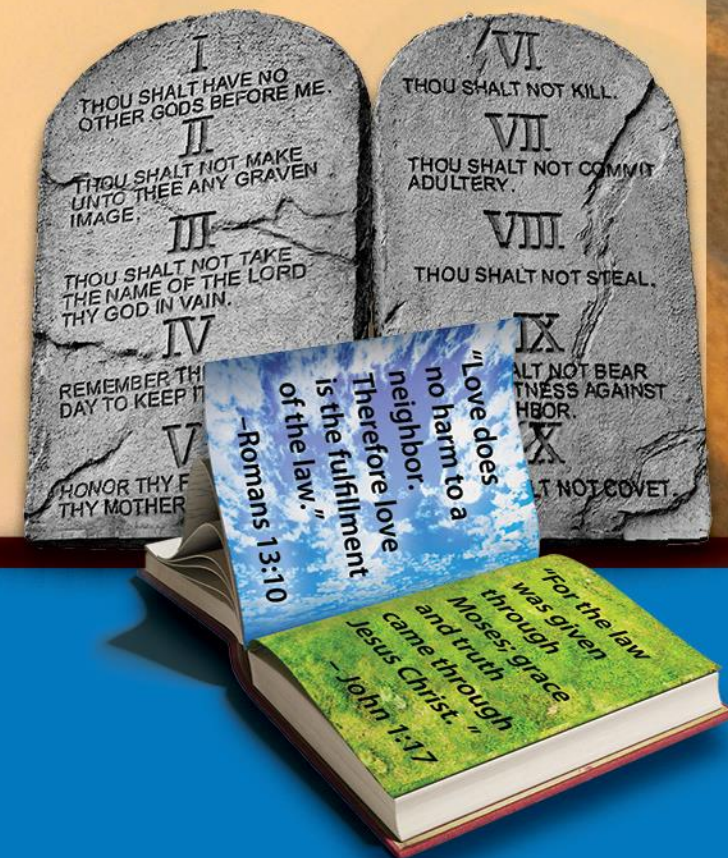


**but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.**





**For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.**





- **The Sabbath  
is a gift  
from God.**



- 
- **Don't get all caught up in "how to do it right".**



*John C Holbert...*

*The Great Text Series on The  
Ten Commandments wrote:*

Each believing person will need  
to determine the times and ways  
she/he will sanctify the Sabbath.





## 4. Remember the Sabbath day and keep it holy.

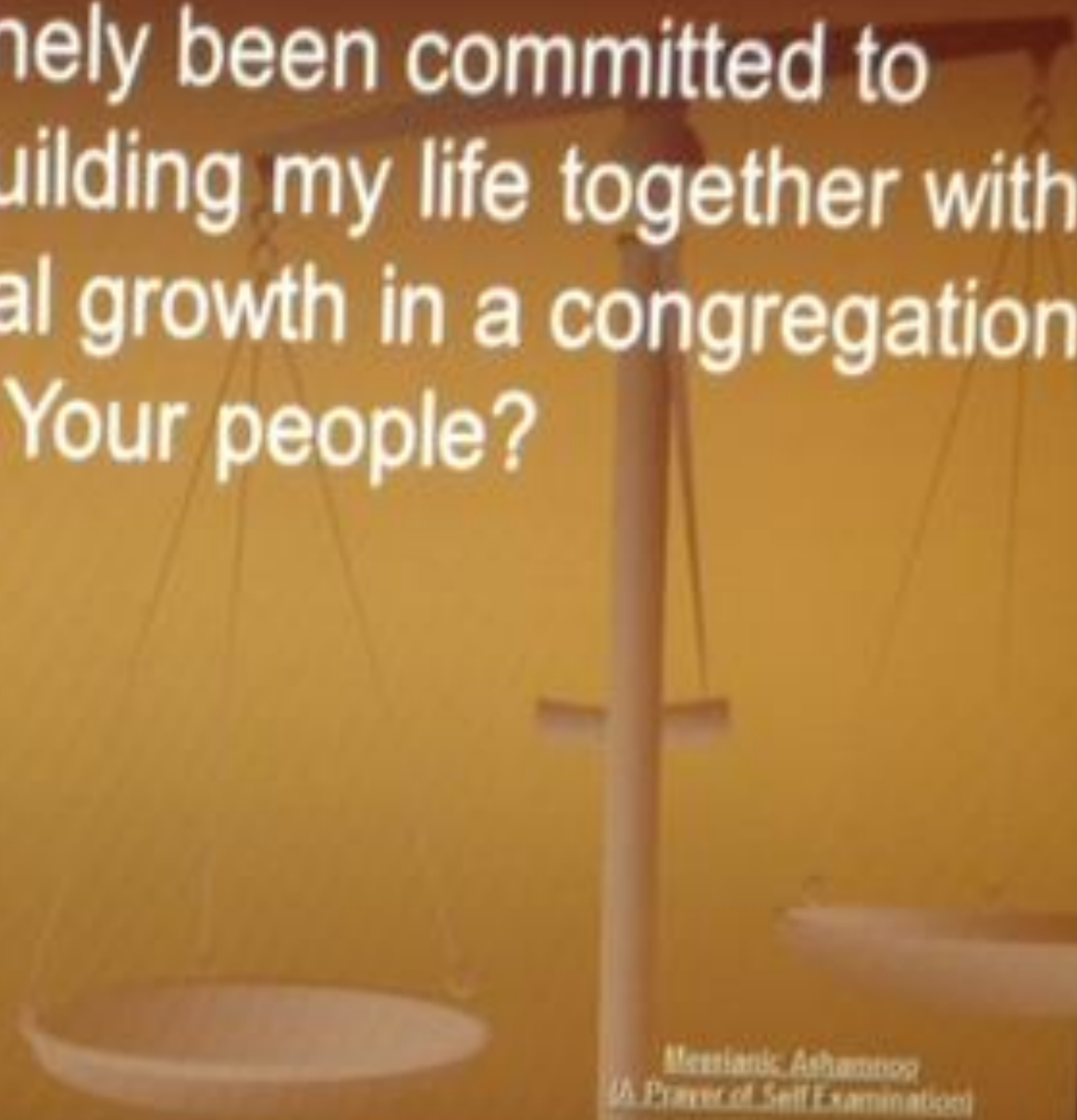
Lord, have I made the Sabbath a day of spiritual renewal and fellowship as You intended? Have I excused activities because I have not believed Your promise to provide for my needs if I would take time to rest? Have I lived outside of a heart of peace through faith in Yeshua, the Lord of the Sabbath, or have I lived in anxious toil?





#### 4. Remember the Sabbath day and keep it holy. (continued)

Have I genuinely been committed to  
fellowship, to building my life together with  
others for mutual growth in a congregation  
of Your people?



Messianic Ashkenaz  
(A Prayer of Self Examination)



- You need to **PARTICIPATE** to receive blessing.



# Participate – verb

Take part

Synonyms: take part in, engage in, join in, get involved in, share in, play a part/role in, be a participant in, partake in, have a hand in, be associated with;

- 
- **Observing the Sabbath naturally flows into keeping it holy.**





# BLESSINGS FOR SHABBAT

*The candles are lit before the blessing is recited.*

**BARUCH** atah, Adonai

Eloheinu, Melech haolam,

asher kid'shanu b'mitzvotav,

v'tzivanu l'hadlik

ner shel Shabbat.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְהַדְלִיק  
נֵר שֶׁל שַׁבָּת.

**Blessed art thou, oh Lord our God, King of the universe, who has sanctified us with your commandments and commanded us to kindle the Sabbath lights.**



בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Eloheynu Melech HaOlam

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהִיט אֹר

Asher Kidee-shanu B'metzvo-tav v'tzee-vanu I'hee-ot

לְגוֹיִם וְנָתַן לָנוּ יֵשׁוּעַ הַמָּשִׁיחַ אֹר הָעוֹלָם

I'goyim v'natan lanu Yeshua HaMashiach or haolam.

Blessed are You, L-rd Our G-d, King of the Universe, who sanctified us with your commandments and commanded us to be a light unto the nations and has given us Yeshua the Messiah, light of the world.

## ***To Sum it Up.....***

God has given us one day every week too look forward to so we can rest. **UNPLUG!**

Sometimes you have to fight for that day of rest because the world tries to fill it up. **GUARD IT!**

Shabbat is supposed to be a joyful time.  
**Rest, take a nap, have fun, glorify the Lord.**



- Try and keep Shabbat for 3 weeks.
- Keep a journal of what tries to stop you from resting.
- Talk about it at next luncheon.

Applying the Lesson to Your Life