



more  
hope

BIBLE STUDIES



## What the Bible teaches about the – DAY OF REST –

### THE DAY OF REST GIVEN BY GOD

1. According to the law of God, which day is the day of rest? (Exodus 20:8-11)

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2. For the benefit of whom was the Sabbath given? (Mark 2:27)

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### THE HISTORY OF THE SABBATH

3. By who and when was the Sabbath instituted? (Genesis 2:1-3)

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4. What day did Jesus keep? (Luke 4:16)

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5. What day did Mary keep? (Luke 23:56)

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6. What day did the Apostles keep? (Act 17:2)

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7. What day is kept in heaven? (Isaiah 66:22, 23)

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### WHAT SHOULD I DO?

- |   |                    |                          |
|---|--------------------|--------------------------|
| 1. Be careful not to desecrate the Sabbath    | (Isaiah 56:2)      | <input type="checkbox"/> |
| 2. Respect the Sabbath, doing the will of God | (Isaiah 58:13, 14) | <input type="checkbox"/> |
| 3. Obey God instead of man                    | (Acts 5:29)        | <input type="checkbox"/> |

### MY RESOLUTION

- I believe that the Sabbath is the day of the Lord.  
I promise to faithfully keep the Sabbath.