



# THE SABBATH DAY

AS IT IS WRITTEN

## EXODUS 20:8 KJV

8. Remember the sabbath day, to keep it holy, 9. Six days shalt thou labour, and do all thy work: 10. But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy cattle, nor thy stranger that is within thy gates: 11. For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

7 DAYS	S <sup>1</sup>	M <sup>2</sup>	T <sup>3</sup>	W <sup>4</sup>	T <sup>5</sup>	F <sup>6</sup>	S <sup>7</sup>
WORK						 SABBATH BEGINS AT SUNDOWN	<i>The Sabbath</i> SABBATH ENDS AT SUNDOWN
BUY						 SABBATH BEGINS AT SUNDOWN	<i>The Sabbath</i> SABBATH ENDS AT SUNDOWN
SELL						 SABBATH BEGINS AT SUNDOWN	<i>The Sabbath</i> SABBATH ENDS AT SUNDOWN
COOK						 SABBATH BEGINS AT SUNDOWN	<i>The Sabbath</i> SABBATH ENDS AT SUNDOWN

## HOW TO KEEP THE SABBATH HOLY

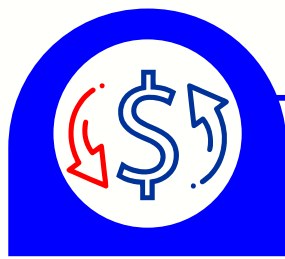
### LEVITICUS 23:3 KJV

Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation, ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.



**NO WORKING**  
EXODUS 20:8-11

8. REMEMBER THE SABBATH DAY, TO KEEP IT HOLY.  
9. SIX DAYS SHALT THOU LABOUR, AND DO ALL THY WORK:  
10. MANSERVANT, NOR THY MAIDSERVANT, NOR THY CATTLE, NOR THY STRANGER THAT IS WITHIN THY GATES:  
11. FOR IN SIX DAYS THE LORD MADE HEAVEN AND EARTH, THE SEA, AND ALL THAT IN THEM IS, AND RESTED THE SEVENTH DAY: WHEREFORE THE LORD BLESSED THE SABBATH DAY, AND HALLOWED IT.



**NO BUYING OR SELLING**  
NEHEMIAH 10:31

31. AND IF THE PEOPLE OF THE LAND BRING WARE OR ANY VICTUALS ON THE SABBATH DAY TO SELL, THAT WE WOULD NOT BUY IT FROM THEM ON THE SABBATH, OR ON THE HOLY DAY: AND THAT WE WOULD LEAVE THE SEVENTH YEAR, AND THE EXACTION OF EVERY DEBT.



**NO FIRE**  
EXODUS 35:3

3. YE SHALL KINDLE NO FIRE THROUGHOUT YOUR HABITATIONS UPON THE SABBATH DAY.

NO MICROWAVES NO OVENS NO STOVES



**NO COOKING**  
EXODUS 16:23

23. AND HE SAID UNTO THEM, THIS IS THAT WHICH THE LORD HATH SAID, TO MORROW IS THE REST OF THE HOLY SABBATH UNTO THE LORD: BAKE THAT WHICH YE WILL BAKE TO DAY, AND SEETHE (BOIL) THAT YE WILL SEETHE (BOIL); AND THAT WHICH REMAINETH OVER LAY UP FOR YOU TO BE KEPT UNTIL THE MORNING.

## WE CAN'T DO OUR OWN PLEASURE

AS IT IS WRITTEN

### ISAIAH 58:13 KJV

13. If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day, and call the sabbath a delight, the holy of the LORD, honourable and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: