



# FREEDOM CHURCH

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## CAMERON PARK

**TODAY'S DATE**  
JULY 21, 2024

**SERVICE TIMES**  
9 & 10:30 AM

**NURSERY (BIRTH-4)**  
*Opens at 10:15 AM*

**KIDS CHURCH (K-6)**  
*Dismissed after worship*



# TEN

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GOD'S NON-NEGOTIABLE  
COMMANDMENTS

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**TODAY'S SERMON:**

## COMMANDMENT 4 KEEP THE SABBATH

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EXODUS 20

**TODAY'S SPEAKER**

SCOTT  
WILLIAMS  
LEAD PASTOR

**JOIN US**

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**ON THE INSIDE**

- SERMON NOTES
- DISCUSSION IGNITERS
- THE LATEST

**STAY CONNECTED**

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# COMMANDMENT 4 KEEP THE SABBATH

EXODUS 20



SCOTT WILLIAMS  
LEAD PASTOR

**Exodus 20:8-11** *“Remember the Sabbath day by keeping it holy. <sup>9</sup>Six days you shall labor and do all your work, <sup>10</sup> 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 manservant or maidservant, nor your animals, nor the alien within your gates. <sup>11</sup> 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.”*

If we don't learn to take a sabbath then the circumstances of your life will eventually force you to rest

## 3 Parts To This Commandment

1 KEEPING THE SABBATH \_\_\_\_\_  
GRADE \_\_\_\_\_

2 YOU SHALL \_\_\_\_\_  
GRADE \_\_\_\_\_

3 \_\_\_\_\_  
GRADE \_\_\_\_\_

God intended and designed us to \_\_\_\_\_

**II Thessalonians 3:10-13** *“Even while we were with you, we gave you this command: “Those unwilling to work will not get to eat.” Yet we hear that some of you are living idle lives, refusing to work and meddling in other people’s business. We command such people and urge them in the name of the Lord Jesus Christ to settle down and work to earn their own living. As for the rest of you, dear brothers and sisters, never get tired of doing good.”*

**SABBATH:** to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**Leviticus 23:3** *“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly.”*

**Luke 4:16** *“When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood up to read the Scriptures.”*

Set aside a day for \_\_\_\_\_

**THE PRINCIPLE:** What ever work you do, \_\_\_\_\_ and \_\_\_\_\_ one day

**Matthew 11:28-30** *(Message) “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”*

**Mark 2:27** *Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”*

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## DISCUSSION IGNITERS

- 1 What has been your understanding about the Sabbath. Do you feel it applies to us today?
- 2 What are the three aspects concerning this command? (See notes)
- 3 Is there any one of those three areas you have struggled keeping? Why?
- 4 We are told to “keep the Sabbath holy”. What did that look like for the Jewish people? What do you think that should look like for us today?
- 5 Some people really struggle with taking a day to rest. Why do you think that is?
- 6 Do you believe God will bless you more if you choose to honor this commandment? Have you seen that in your life? (Remember the story of Chick-fil-a)
- 7 Have you ever been overworked and tired and made some foolish mistakes? What is an example?
- 8 Read **Matthew 11:28-30** (*Message*) from the notes. What stands out to you in those verses?
- 9 One part of the command is for us to work. How do you think “not working” can affect us?

**THU 25**  
**PRAYER NIGHT**  
 7:00 PM – 8:00 PM  
 ▼ *Freedom Church Sanctuary*

**FRI 26**  
**MEN'S BIBLE STUDY**  
 8:00 AM – 9:00 AM  
 ▼ *Freedom Church Cafe*

**AUG 16**  
**FAMILY MOVIE DAY**  
 Join us at 8:00 PM  
*Come out, bring a chair and have fun!*

**AUG 25**  
**CHURCH IN THE PARK**  
 10:30 AM  
 ▼ *Lotus Park - Save the date*

**SEP 13-14**  
**WOMEN'S RUNAWAY**  
 Be sure to register with the hotel  
 ▼ *Oceano Hotel & Spa, Half Moon Bay*

**SEP 20-22**  
**MEN'S RETREAT**  
*Mt Lassen Camp • Save the date*

ANNOUNCEMENTS



**EL SALVADOR MISSIONS TRIP 2024**

Our team leaves this week to El Salvador and need your prayers. Keep them in prayer for traveling, ministry and that lives would be changed .

**FREEDOM CHURCH MERCH**



We have some shirts and other merch available for purchase in the cafe.

**WAYS TO GIVE**

- 1 OFFERING BOX
- 2 [FREEDOMCHURCHCP.ORG/GIVE](https://FREEDOMCHURCHCP.ORG/GIVE)
- 3 SCAN THE QR CODE ▶▶▶▶

