

Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.

For in six days the Lord made the heavens, the earth, and the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Exodus 20: 8-11 (NLT)

So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin.

Romans 7:14 (NLT)

The old system under the law of Moses was only a shadow, a dim preview of the good things to come, not the good things themselves. The sacrifices under that system were repeated again and again, year after year, but they were never able to provide perfect cleansing for those who came to worship.

Hebrews 10:1 (NLT)

Under the old covenant, the priest stands and ministers before the altar day after day, offering the same sacrifices again and again, which can never take away sins. But our High Priest offered Himself to God as a single sacrifice for sins, good for all time. Then He sat down in the place of honor at God's right hand.

Hebrews 10:11-12 (NLT)

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to Him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do.

He sent His own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving His Son as a sacrifice for our sins. He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.

Romans 8:1-4 (NLT)

For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Exodus 20:11 (NLT)

"Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any

foreigners living among you. All our male and female servants must rest as you do. Remember that you were once slaves in Egypt, but the Lord your God brought you out with His strong hand and powerful arm. That is why the Lord your God has committed you to rest on the Sabbath day.

Deuteronomy 5:12-15 (NLT)