

## VERSES FOR SABBATH MEDITATION

READ EACH PASSAGE TO YOURSELF

DO OR THINK ABOUT FOR EACH:

<p style="text-align: center;">“A prayer of Moses the man of God”</p> <p>Psal 90:1 (NIV) Lord, you have been our dwelling place throughout all generations.                  2 Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.</p>	<p>1. How long has God been there? (Check all that apply):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Before the mountains were made</li> <li><input type="checkbox"/> Before the earth itself was made</li> <li><input type="checkbox"/> From everlasting to everlasting (always)</li> </ul> <p>2. If this seems awesome to you, tell God.</p> <p>3. Do you want to be a man of God, like Moses?</p>
<p>Ezek 20:20 (NIV) Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the LORD your God."</p>	<p>1. When you keep the Sabbath, which is it?:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A dumb rule that interferes with my plans</li> <li><input type="checkbox"/> A sign between me and God that he is my God</li> </ul>
<p>Isai 55:6 (NIV) Seek the LORD while he may be found; call on him while he is near. 7 Let the wicked forsake his way and the evil man his thoughts. Let him turn to the LORD, and he will have mercy on him, and to our God, for he will freely pardon.</p>	<p>1. The Sabbath is a special time God gave us when he is near. What should we do on it? (Check all that apply):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seek him... call on him</li> <li><input type="checkbox"/> Ask his forgiveness for any evil in us and turn to him (to be pardoned)</li> </ul> <p>2. Now, do the things you checked in #1.</p>
<p style="text-align: center;">“A psalm. For giving thanks.”</p> <p>Psal 100:1 (NIV) Shout for joy to the LORD, all the earth.                  2 Worship the LORD with gladness; come before him with joyful songs.                  3 Know that the LORD is God.                  It is he who made us, and we are his; we are his people, the sheep of his pasture.                  4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.                  5 For the LORD is good and his love endures forever; his faithfulness continues through all generations.</p>	<p>1. Think about how God made you, and you are his.</p> <p>2. What does someone who belongs to God act like? How can you act like that more, today?</p> <p>3. Thank God that he is good, that his love for us endures forever (he never stops loving us), and that he is faithful (we can always depend on him).</p>
<p style="text-align: center;">“A psalm. A song. For the Sabbath day.”</p> <p>Psal 92:1 (NIV) It is good to praise the LORD and make music to your name, O Most High,                  2 to proclaim your love in the morning and your faithfulness at night,                  3 to the music of the ten-stringed lyre and the melody of the harp.                  4 For you make me glad by your deeds, O LORD; I sing for joy at the works of your hands.</p>	<p>1. On the Sabbath, when are some really good times to remember God’s love and faithfulness?:</p> <p>in _____</p> <p>at _____</p> <p>2. What “deeds” (things God has done) can you think of that make you glad? Thank God for them.</p>
<p>Levi 23:32b (NASB) “From evening until evening you shall keep your sabbath.”</p>	<p>Remember your God when the Sabbath begins on _____ evening, and as it ends on _____ evening.</p>
<p>Isai 58:13b (NIV) "Call the Sabbath a delight and the LORD's holy day honorable.”</p>	<p>The Sabbath is a delight, only when we are happy to seek God on it (because he is so great!)</p>