**Sabbath Reminders – Exodus 20:8-11**

**Remember God the Creator**

1. **The Sabbath reminds us that we need to remember.**
2. **We need to remember that we are created beings.**
	1. **We are not self-created, self-purposed, and self-directed.**
	2. **God sets the boundaries and limits of our lives.**
	3. **When we try to live outside the bounds and limits has set for us, then we will continually be exhausted and frustrated.**
3. **We need to remember that we were made for more than work.**
	1. **“The story told by the Sabbath is that of creation: we rest because God rested on the seventh day. What leads from God to humankind is the notion of…the imitation of God. In other words, we rest in order to honor the divine in us, to remind ourselves that there is more to us than just what we do during the week.” – Judith Shulevitz, “Bring Back the Sabbath, 2003 NY Times**
4. **We need to remember that others exist for more than our pleasure and convenience.**
	1. **The Sabbath brought with it the “idea of social equality.”**
	2. **Every creature carries with it an inherent, created dignity, which isn’t found in what a person or an animal does or can do.**
5. **We need to remember that God can be trusted as our Provider because He is our Creator.**
	1. **The Sabbath and the ability for us to experience the deep rest found there is directly connected to our understanding that God can and will provide for us.**
	2. **Exodus 16**