**It’s About Time**

**Part 2**

**What is Sabbath?**

*Remember the Sabbath day by keeping it holy.  Six days you shall labor and do all your work, 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 male or female servant, nor your animals, nor any foreigner residing in your towns. 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.*

Exodus 20:8-11 (NIV)

**Why do I need Sabbath?**

*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.”*

Mark 2:27 (NLT)

**How can I experience Sabbath?**

*Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.*

Colossians 2:16-17 (NIV)

**Change my \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ so I can experience God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**