

1. Misunderstanding the Sabbath

- a. When "don't work" means "don't eat"
- b. When "don't work" means "don't heal"
- c. When the Sabbath is a childish game

2. Understanding the Sabbath

- a. Ceasing from labor ... to enjoy and share labor's fruit.
- b. The lord shares with his people.

3. Understanding God

- a. God's holiness
- b. God's servant

4. How to keep the Lord's Day

- a. Rest in God
- b. Give rest to others.