

**The reMARKable Journey Begins – Faith and Hope**

Lesson 9

The Lord's Day

Mark 2:23-28

Keeping the Sabbath Day Holy

Honoring and Practicing the Sabbath

Creating a Time to Remember and Rest

“My Growing-up Years Sabbath”

Pat Swain

Some Misunderstandings about Sabbath

from Eugene Peterson

Two Versions of the Sabbath Commandment

Rewards and Penalties

Harvesting Grain on the Sabbath

Mark 2:23-28

Jesus' Attitude toward the Sabbath

The Sabbath or The Lord's Day?

*Perhaps just being with Jesus is a form of Sabbath.*

*Sabbath isn't a day: it's the person. Jesus is our Sabbath.*

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