



When the Speed of Life is
Out of Control
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May 9th & 10th, 2015

1. _____ **God's** _____ **for life**

Exodus 20:8-11"Remember to observe the Sabbath day ...by keeping it holy. Six days a week are set apart for your daily duties and regular work, but the seventh day is a day of rest dedicated to the LORD your God. On that day no one in your household may do any kind of work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the LORD made the heavens, the earth, the sea, and everything in them; then he rested on the seventh day. That is why the LORD blessed the Sabbath day and set it apart as holy."

2. Find _____ **that** _____

Exodus 31:17 "For in six days the LORD made heaven and earth, but he rested on the seventh day and was refreshed."

- _____ **daily**
- _____ **weekly**
- _____ **annually**