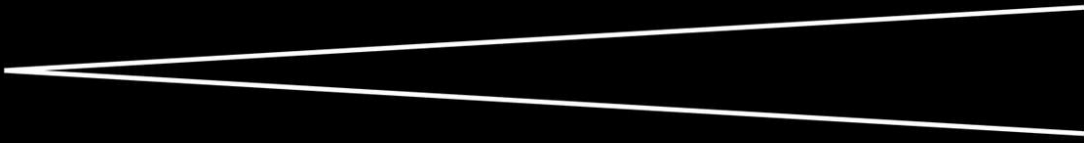


## The Sabbath Principle



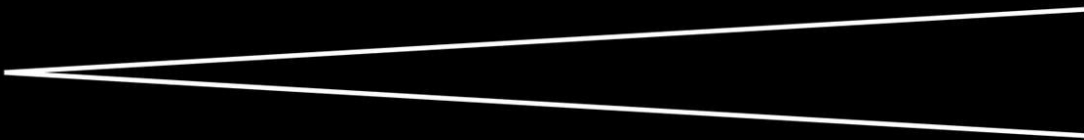
Graphic #1 – On the left side of a crescendo, you have little or no volume, in the middle you have some volume, and on the right, you have maximum volume.

## The Sabbath Principle

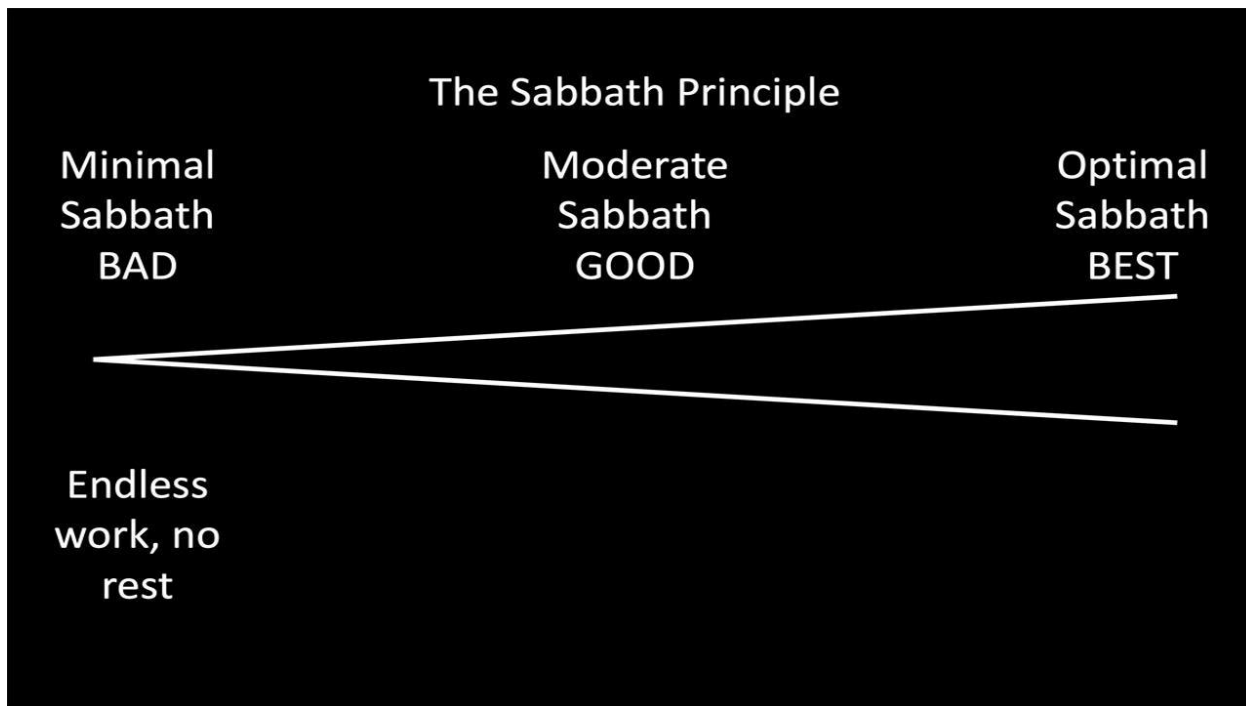
Minimal  
Sabbath  
BAD

Moderate  
Sabbath  
GOOD

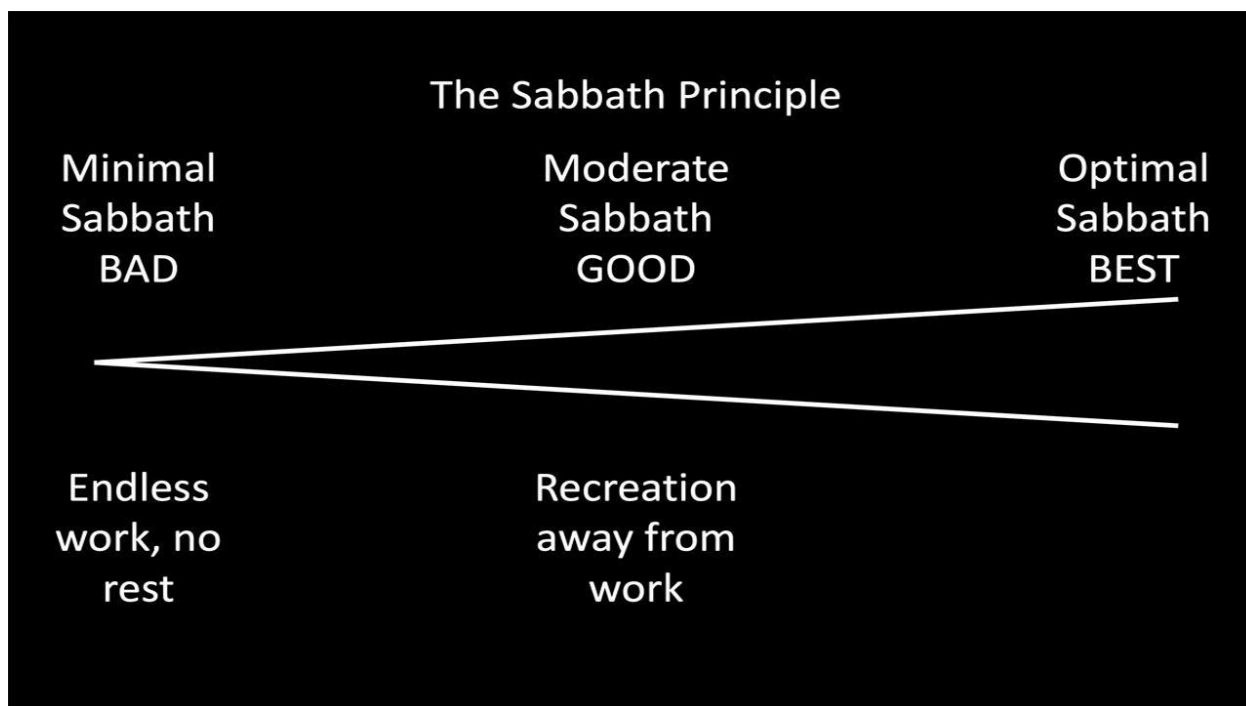
Optimal  
Sabbath  
BEST



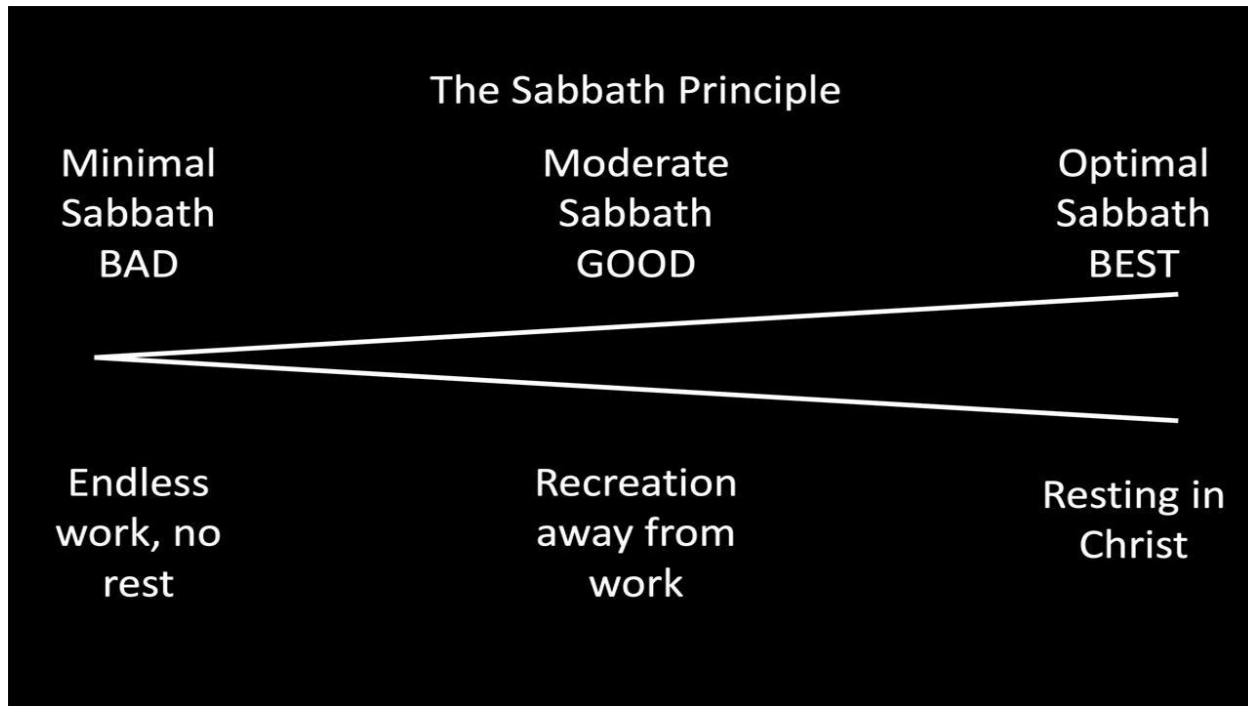
Graphic #2 – If this crescendo represents the Sabbath principle, then the left represents minimal Sabbath (BAD), the middle represents moderate Sabbath (GOOD), and the right represents optimal Sabbath (BEST).



Graphic #3 – This graph clearly illustrates the implication of not obeying God’s commandment regarding taking a day of rest. Endless work, and no rest is not anybody’s idea of a balanced life.



Graphic #4 – When we obey God’s commandment regarding honoring a day of rest, even in moderation, we can start to enjoy the blessings that God has given each of us in our lives.



Graphic #5 – Here we see the ultimate illustration of obeying and honoring God with a day of rest. Resting in Jesus happens best when we are still. The greatest thing you can do on this earth is to abide in Jesus Christ.

**Jesus alone provides ultimate rest.**