

Remember the Sabbath day, to keep 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

**Exodus 20:8-11**

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Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations.

**Exodus 31:13**

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The Sabbath was made for man, not man for the Sabbath.

**Mark 2:27**