

From Exodus in the Bible
Exodus 20, verses 8-11 (International Children's Bible)



⁸ “Remember to keep the Sabbath as a holy day. ⁹ You may work and get everything done during six days each week. ¹⁰ But the seventh day is a day of rest to honour the Lord your God. On that day no one may do any work: not you, your son or daughter, or your men or women slaves. Neither your animals nor the foreigners living in your cities may work. ¹¹ The reason is that in six days the Lord made everything. He made the sky, earth, sea and everything in them. And on the seventh day, he rested. So the Lord blessed the Sabbath day and made it holy.