

# **The Sacred Simplicity of the Sabbath**

**Pastor Vaughn, Chapter Ten**  
**Rediscovering the Joy of the Sabbath**

The joy of the Sabbath  
was buried in fear.  
How to do it right  
was not made clear.

They legalized it with rules.  
No peace, only pressure.  
They failed to see  
the Sabbath as a treasure.

The Sabbath was made for man  
to restore our mind, and soul.  
That's why it's called a delight.  
The broken are made whole!

It's a time of restoration,  
a rest from the race.  
It is a gift of time  
wrapped in His Grace!

**Donna Jean DeBard**  
**7/17/25**

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