

IKON TELEVISION

PAUL DE BONT PRODUCTIONS

PIETER VAN HUYSTEE FILM & TV

RYNINKS FILMS

PRESENT

AN INNOVATIVE,  
CONTEMPORARY VIEW ON

# THE 10 COMMANDMENTS

BY 10

TOP CLASS

AWARDWINNING

DUTCH

DOCUMENTARY

FILMMAKERS

JOHN APPEL

PAUL COHEN

PIETER FLEURY

HEDDY HONIGMANN

VUK JANIC

FATIMA JEBLI OUZZANI

KARIN JUNGER

NIEK KOPPEN

JOS DE PUTTER

FIONA TAN

# A STATE OF BEING

*This is a documentary based on the Fourth Commandment: Remember the Sabbath and keep it holy. Six days shalt thou labour and do all thy work. But the seventh day is the Sabbath of the LORD thy God. In it thou shalt not do any work.*

**D**irector Paul Cohen is convinced that the fourth commandment has a new dimension these days. It is the only commandment in our culture that is constantly violated but nobody seems to mind. It has become the norm to carry on working. Man has become part of a functional and well-organised world, an well-oiled machine. People cut time up into units, to use it efficiently. Cohen himself breaks the commandment constantly. He was inspired by the paradox that he is making a film



about a commandment he should be obeying but can't because he is making the film. Therefore, this documentary is about the tension between the 'outside world' and the 'inside world', between the material and the spiritual, between the dynamic and the static. About the battle between rest and restlessness.

**The Fourth Commandment: Remember the Sabbath day and keep it holy. Six days shall thou labour and do all thy work. But the seventh day is the Sabbath of the Lord thy God. In it thou shall not do any work**

**DIRECTOR Paul Cohen**

**DURATION 52'**

**PRODUCER Ryninks Films/IKON Television**