

A close-up photograph of several vibrant red tulips in a field. The flowers are in various stages of bloom, with some fully open and others still budding. The background is a soft, out-of-focus green, suggesting a lush garden or field. The lighting is bright and natural, highlighting the texture of the petals and the green of the leaves.

**YOUTH SABBATH  
SCHOOL LESSONS**

*First Year, First Quarter*

*The  
Sabbath*

**YOUTH  
SABBATH SCHOOL LESSONS**

FIRST YEAR, FIRST QUARTER

The Sabbath

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## INTRODUCTION

*“Remember the sabbath day, to 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, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.” Exodus 20:8-11.*

The Bible presents the Sabbath as the oldest institution given to man, as something that is very necessary for him to reach the physical, intellectual, moral, and spiritual development that God intends for him.

“In Eden, God set up the memorial of His work of creation, in placing His blessing upon the seventh day. The Sabbath was committed to Adam, the father and representative of the whole human family. Its observance was to be an act of grateful acknowledgment, on the part of all who should dwell upon the earth, that God was their Creator and their rightful sovereign; that they were the work of His hands and the subjects of His authority. Thus the institution was wholly commemorative, and given to all mankind. There was nothing in it shadowy or of restricted application to any people.

“God saw that a Sabbath was essential for man, even in Paradise. He needed to lay aside his own interests and pursuits for one day of the seven, that he might more fully contemplate the works of God and meditate upon His power and goodness. He needed a Sabbath to remind him more vividly of God and to awaken gratitude because all that he enjoyed and possessed came from the beneficent hand of the Creator.” *—Patriarchs and Prophets*, p. 48.

The importance of this subject, then, cannot be overestimated. May the great Creator bless the study of these lessons in every student’s heart and mind.



## The Memorial of Creation

The Saviour said: “The sabbath was made for man, not man for the sabbath.” Mark 2:27. The term “man” must be understood here in its generic sense, encompassing the entire human race. If the Sabbath was made for mankind, it must have been made at the time man himself was created, so we go back to creation for the introduction of the Sabbath.

1. When and by whom was the Sabbath made? Genesis 2:1-3.
2. What memorial of this event did God set up? Exodus 20:8, 11.

The Sabbath is a memorial of creation, the sign of God’s creative power. He designed that through keeping it man should forever remember Him as the true, living God, the Creator of all things.

3. What three actions did He perform on the seventh day of creation? Genesis 2:2, 3.

The Sabbath was created by three distinct actions: God rested on it; He blessed it; and He sanctified it. Sanctify means “to set apart to a sacred office or to religious use;... to make productive of holiness or piety.” –*Webster’s New Collegiate Dictionary*, 1973.

4. What was His purpose in creating the holy day? Psalm 100:3, 4; 95:6.

“The duty to worship God is based upon the fact that He is the Creator and that to Him all other beings owe their existence. And wherever, in the Bible, His claim to reverence and worship, above the gods of the heathen, is presented, there is cited the evidence of His creative power.” –*The Great Controversy*, p. 436.

5. What importance does the Sabbath have for man? 1 John 5:3; Proverbs 28:9.

“The importance of the Sabbath as the memorial of creation is that it keeps ever present the true reason why worship is due to God’—because He is the Creator, and we are His creatures. ‘The Sabbath therefore lies at the very foundation of divine worship, for it teaches this great truth in the most impressive manner, and no other institution does this.’... Had the Sabbath been universally kept, man’s thoughts and affections would have been led to the Creator as the object of reverence and worship, and there would never have been an idolater, an atheist, or an infidel. The keeping of the Sabbath is a sign of loyalty to the true God,...” —*The Great Controversy*, pp. 437, 438.

6. Where did the Lord proclaim His law, including the Sabbath? Exodus 19:20; 20:18.

The Ten Commandments, having God as their authority and defining the relationship between Him and men and between individuals, will endure as long as that relationship exists. All of the Commandments hang together. Just as it is wrong to kill, steal, or bear false witness, so it is wrong to violate the Sabbath of the Lord.

7. What did the Saviour say about the Sabbath? Mark 2:27, 28.

“It was not made only for the Jews, who derived their name from their ancestor, Judah, one of the twelve sons of Jacob. The Sabbath was made more than two thousand years before there was a Jew.

“Before the giving of the law from Sinai the obligation of the Sabbath was understood.”

“Jesus says: “The Sabbath was made for man;” and the necessary inference is that from the beginning man knew the primary uses of the day, and received the benefits which it was designed to impart....

“Before the giving of the law from Sinai the obligation of the Sabbath was understood.’ —J.J. Taylor (Baptist), *The Sabbath Question* (Revell, 1914 ed.), pp. 20-24.” —*Bible Readings for the Home*, 1949 Revised Edition, pp. 373, 374.

8. Of what was this memorial to be a sign? Ezekiel 20:20; Deuteronomy 5:15.

The recollection of their bondage and oppression in Egypt was to be an additional incentive for Israel to keep the Sabbath when they were free. Therefore, besides being a memorial of creation, the Sabbath was to be to them a memorial of their deliverance from bondage and of the great power that God manifested in their deliverance. And as Egypt symbolizes the condition of everyone in the world who is under

the slavery of sin, so the Sabbath is a memorial of one's deliverance from the slavery of sin through the mighty power of God through Christ.

9. For how long will this memorial of creation be observed? Isaiah 66:22, 23.

The Sabbath, the memorial of God's creative power, will never cease to exist. When the present sinful state of things passes away, the fact upon which the Sabbath institution is based will still remain; and those who live on the new earth will forever rejoice in the creative power of God as they sing the song of Moses and the Lamb.

### *Think it through*

1. What does the Sabbath institution represent for man?
2. What does true Sabbath keeping do?
3. Of what fact will true Sabbath keeping always be a reminder?
4. What correlation exists between Sunday keeping and evolution?



"To exercise the mind so that it will be stayed upon God is one purpose of the Sabbath. It is a day that should be used in the exercise of godliness, in communion with God, in practising the presence of God. The man who succeeds in this, who really keeps the Sabbath with all there is of him, has reached the goal God has set for him. He is sanctified, he has reached God's standard. God can put His seal of approval upon him, place His name in his forehead, and exhibit him to the world as a finished product of what Christianity can do for a man. Such a man has used the Sabbath for its intended purpose; it has accomplished for him what God had in mind; it has become the sign and seal of sanctification, and God owns him as His...."

"As men on the Sabbath are instructed in righteousness as they attend worship; as God graciously comes near on that day as on no other; as sins are revealed to them, that they might renounce them; as holiness is held up before them as possible of accomplishment; as the conviction comes to them that Sabbathkeeping must include heart, mind, and soul as well as body; as it suddenly dawns on them that every thought must be brought into captivity to Christ; as the standard is constantly lifted and they cry out unto God for help, men begin to realize the tremendous influence that Sabbathkeeping has upon Christianity. Soon they realize how closely sanctification is bound up with the Sabbath, and how the Sabbath can be a sign that they might know that the Lord is their sanctifier. To them Sabbathkeeping and sanctification become synonymous, for they realize that only the man who is completely sanctified can keep the Sabbath as God would have it kept." —M.L. Andreasen, *God's Holy Day*, p. 37.

1. What distinguishes God in heaven from all false gods? Jeremiah 10:10-12.
2. Whose existence did the idolatrous Athenians suspect? Acts 17:23, 24.

3. To whom did the apostles point the idolaters at Lystra? Acts 14:15.
4. What reason is given in the fourth commandment for keeping the seventh day holy? Exodus 20:11.

“The week, with its Sabbath, is an artificial device. The reason for it is found only in the Old Testament Scriptures. Here it is always associated with revelation from God...’ –W.O. Carver, *Sabbath Observance*, p. 34.

“When we remember that millions of the world’s inhabitants today are idolaters, and that since the fall, idolatry, with its train of resultant evils, has ever been a prevailing sin, and then think that the observance of the Sabbath, as God ordained it, would have prevented all this, we can better appreciate the value of the Sabbath institution, and of Sabbath keeping.” –*Bible Readings for the Home*, p. 380.

5. What else is the Sabbath? Ezekiel 20:20.

“The observance of the Sabbath connects man with the origin of his race, with the six days’ creation, and with the Creator Himself.... The Sabbath thus becomes a sign by which the believers in a historical Revelation are distinguished from those who have allowed these great facts to fade from their remembrance. Exodus 31:13.... The observance of the Sabbath, then, becomes the characteristic of those who cherish the recollections of the origin of their race, and who worship God not merely as Elohim, the Everlasting Almighty, but as Jehovah, the historical God, the Creator, who has revealed Himself to man from the dawn of his existence as the God of love, and afterwards of mercy and grace, of promise and performance.’ –James J. Murphy, *Commentary on the Book of Exodus*, pp. 143, 144.” –*Bible Readings for the Home*, p. 381.

“The observance of the Sabbath connects man with the origin of his race,...”

6. Why is it so important to know God? John 17:3.
7. What very important reason is given for keeping the Sabbath? Exodus 31:13.

“To sanctify is to make holy, or to set apart for a holy use. The sanctification, or making holy, of sinful beings can be wrought only

by the creative power of God through Christ by the Holy Spirit. In 1 Corinthians 1:30 we are told that Christ is made unto us 'sanctification'; and in Ephesians 2:10 it is said that 'we are His workmanship, created in Christ Jesus unto good works.' The Sabbath, therefore, is a sign of sanctification, and thus of what Christ is to the believer, because it is a reminder of the creative power of God as manifested in the work of regeneration. It is the sign of the power of God, therefore, in both creation and redemption." –*Bible Readings for the Home*, p. 381.

8. What special meaning did the Sabbath have for Israel? Deuteronomy 5:15.
9. Why did God bring His people out of Egypt and place them in Canaan? Psalm 105:43-45.

"Likewise, God calls everyone who, through Christ, has been delivered from the bondage of sin, to keep not only the Sabbath but every precept of His holy law.

"Blessed is the man that doeth this, and the son of man. that layeth hold on it; that keepeth the Sabbath from polluting it, and keepeth his hand from doing any evil.' Isaiah 56:2." –*Bible Readings for the Home*, pp. 382, 383.

### *What do you think?*

1. What does "rest" imply to you?
2. How does the introduction to this lesson express Sabbath keeping in a way that is impressive to you?
3. What does true Sabbath keeping include?
4. Why can man never ignore the Sabbath as long as calendars are in use?

## A Day of Worship

Before the fall, God designed man's time to be occupied in pleasant, invigorating labor. Wearisome toil is a result of sin. Since the fall, the Sabbath has brought physical rest to both men and beasts of burden; but physical rest was not its original or primary purpose. Cessation from the ordinary labors of the week was ordained, not because these are sinful in themselves but to give man a frequently recurring period to contemplate the Creator and His works alone.

Under the gospel, the Sabbath is a sign of spiritual rest and freedom from sin, "for he that is entered into His rest, he also hath ceased from his own works, as God did from His." Hebrews 4:10. All through the week, we remember the Sabbath day to keep it holy. This means that all our plans are laid aside and all our business is adjusted with reference to the Sabbath, the object of which is to remind us that God is the Creator of all things. This is just as essential for spiritual growth during the six working days as upon the Sabbath itself. At the same time, we are to remember that holy day so we will not be tempted by circumstances of our own creating to treat it, or any part of it, as secular or common time. Thus the Sabbath commandment is to be obeyed every day, although the Sabbath itself can be observed only on the seventh day, for the seventh day is the Sabbath.

Thus the Sabbath commandment is to be obeyed every day,...

1. With what word does the fourth commandment begin? Exodus 20:8.
2. How did the Sabbath day become holy? Exodus 20:11.
3. What makes something holy? Exodus 3:5; 29:43-46; Joshua 5:13-15.
4. How are Biblical days counted? Genesis 1:5, 8, 13, 19, 23, 31; Leviticus 23:32.

One advantage of keeping the Sabbath according to the Biblical calculation—from sunset to sunset, rather than the Roman reckoning from midnight to midnight—is that with the former one is awake to welcome the day when it comes and goes, whereas with the latter he

is asleep when the day begins and ends. Sunset is a natural sign for marking the division of time into days.

5. What did God have in mind when He forbade men to work on the Sabbath day?

“Our madly rushing, neurotic society needs the therapy of the silence and quietness that flows from a day kept holy, really holy. A day when our thoughts are of God, our actions are tempered by a desire to serve God and our families, a day that is so different from other days that it could make us different in our relationships to God and our fellow men.” –Dr. Ernest R. Palen, Minister of the Reformed Church of America, in a sermon delivered March 13, 1966, in New York City.

6. What is the only way one can properly worship God? John 4:24.

7. What is to be done on the Sabbath day? Leviticus 23:3.

“The world, weary and sin-sick, needs nothing more than it needs to feel the presence and power of a righteous and benevolent God. Men, busy and preoccupied with the burdens of life, need frequent reminders of God’s interest in them. The holy Sabbath ordained of God in the beginning is the means at hand for this high service. If in nature we may come into fellowship with the Creator of the heavens and the earth, in the Sabbath we may find the highest expression of love of our Father. The faithful observance of God’s Holy Day, as appointed by Him in the beginning, becomes for us a mode of worship and a method of praise. The gift of the Sabbath is an expression of our Heavenly Father’s love. True spiritual Sabbath keeping is an expression of our love for God. God speaks to us from week to week, through the holy Sabbath of creation. We answer Him back in the way we keep it.” –Ernest Furrow, ‘The Sabbath Day,’ *The Sabbath Recorder*, January 8, 1962, p. 11.” –Herbert E. Saunders, *The Sabbath: Symbol of Creation and Re-Creation*, p. 62.

8. What example did Jesus give in keeping the Sabbath? John 9:14.

“Not a little of Christ’s earthly ministry was devoted to uplifting the Sabbath.”

“Not a little of Christ’s earthly ministry was devoted to uplifting the Sabbath, and showing the beneficent character of the Sabbath institution. It was not meant to be a day of sorrow, austerity, or gloom. Disinterested works of love and mercy toward man or beast are always in place on the Sabbath. Lawful means ‘according to law.’” –*Bible Readings for the Home*, p. 387.

9. How should the Sabbath be prepared for and greeted? Luke 23:54; Exodus 16:22, 23.

“On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness and that all the cooking is done. Let the boots be blacked and the baths be taken. It is possible to do this. If you make it a rule you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight. Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment.

“We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time. Whenever it is possible, employers should give their workers the hours from Friday noon until the beginning of the Sabbath. Give them time for preparation, that they may welcome the Lord’s day with quietness of mind. By such a course you will suffer no loss in temporal things.

“There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, ‘confess your faults one to another, and pray one for another, that ye may be healed.’ James 5:16.” –*Testimonies for the Church*, vol. 5, pp. 355, 356.

### *What do you think?*

1. What difference can be seen between Sabbath keeping and Sunday observance?
2. Write down three activities that honor the Lord on the Sabbath.
3. Is the Sabbath, in your opinion, a legal or a spiritual institution?
4. How did Jesus’ way of keeping Sabbath differ from that of the Jewish leaders?

## The Sabbath before Sinai

The moral law was spoken by God and written by Him on stone tables about 25 centuries after the creation week. It is interesting to trace the Sabbath through this long, remote period. The only written history covering it is the book of Genesis, with its fifty short chapters written by Moses. The facts presented in it are invaluable. It gives brief glimpses of the long-lived race before the flood, of the rise of the powerful nations of succeeding ages, and of the call of Abraham, with the experiences of his immediate descendants. It presents valuable historical instruction concerning God's dealings with His creatures and the principles of His moral government. It is in no sense a book of laws but a very brief history of the earliest ages of antiquity.

1. What close connection has existed between man and the Sabbath from the beginning? Mark 2:27.
2. Who made all things? John 1:3; Ephesians 3:9; Colossians 1:16; Hebrews 1:2.

Christ was the One by whom God created all things. On the seventh day, the Creator rested from the work of creation, therefore Christ rested on the seventh day with His Father. Consequently, it is His rest day, as well as the Father's.

3. What record shows that the Sabbath was well known in Israel? Exodus 5:4, 5.
4. What three miracles connected with the giving of the manna show Heaven's attitude toward the Sabbath? Exodus 16:16-26.
5. How did the people of Israel obtain their knowledge of the Sabbath?

"Hallowed by the Creator's rest and blessing, the Sabbath was kept by Adam in his innocence in holy Eden; by Adam, fallen yet repentant, when he was driven from his happy estate. It was kept by all the patriarchs, from Abel to righteous Noah, to Abraham, to Jacob. When the chosen people were in bondage in Egypt, many, in the midst of prevailing idolatry, lost their knowledge of God's law; but when the Lord delivered Israel, He proclaimed His law in awful grandeur to the assembled multitude, that they might know His will and fear and obey Him forever." –*The Great Controversy*, p. 453.

6. What cycle is established by the constantly returning Sabbath? Genesis 2:2, 3.

The book of Genesis begins with the origin of the weekly cycle, as brought to view in the account of creation and the institution of the Sabbath, without which that cycle would have never existed. The division of time into days, months, and years is easily traceable to nature. The revolution of the earth on its axis, the cycles of the moon, and the rotation of the earth around the sun determined these divisions of time.

It owes its existence to the act of Jehovah in setting apart the seventh day at the creation of the world.

But no such determination can be found for the weekly cycle. Beyond all question, it owes its existence to the act of Jehovah in setting apart the seventh day at the creation of the world. Not even a plausible conjecture has ever been found for any other origin of it. There are decisive evidences to show that the Assyrians, Babylonians, Persians, Arabs, Greeks, and Romans, and even the Chinese observed the seven-day week and knew of the Sabbath.

7. What archeological evidence for the observance of the Sabbath has been found?

"Mr. George Smith says in his *Assyrian Discoveries*, 1875: 'In the year 1869 I discovered, among other things [on the banks of the Tigris, near Nineveh], a curious religious calendar of the Assyrians, in which every month is divided into four weeks, and the seventh days, or Sabbaths, are marked out as days on which no work should be undertaken.... The calendar contains lists of works forbidden to be done on these days, which evidently correspond to the Sabbath of the Jews.'" –*The Congregationalist*, Boston, November 15, 1882.

8. What other Biblical record refers to the weekly cycle? Genesis 7:4; 8:10, 12.

9. What fact related to time is established in the story of Jacob's marriage to the daughters of Laban? Genesis 29:27, 28.
10. What was one of the first facts that Moses impressed upon the Israelites when they were still in bondage? Exodus 5:5.

"In their bondage the Israelites had to some extent lost the knowledge of God's law, and they had departed from its precepts. The Sabbath had been generally disregarded, and the exactions of their taskmasters made its observance apparently impossible. But Moses had shown his people that obedience to God was the first condition of deliverance; and the efforts made to restore the observance of the Sabbath had come to the notice of their oppressors." —*Patriarchs and Prophets*, p. 258.

11. What result did this have for the people? Exodus 5:6-9.
12. What do the opening words of the Ten Commandments show? Exodus 20:2; Deuteronomy 5:14, 15.

### *What do you think?*

1. If the Ten Commandments are God's expressed will, why must the Sabbath necessarily have existed before Sinai?
2. Would God have performed three miracles in support of a law of Moses?
3. How were knowledge and genealogies preserved and passed down before writing became available?
4. From what source might the heathen nations, such as the Chinese, have known about the Sabbath?

## The Sabbath in Israel

“It was to be a token of their separation from idolatry, and their connection with the true God.”

“No other institution which was committed to the Jews tended so fully to distinguish them from surrounding nations as did the Sabbath. God designed that its observance should designate them as His worshipers. It was to be a token of their separation from idolatry, and their connection with the true God. But in order to keep the Sabbath holy, men must themselves be holy. Through faith they must become partakers of the righteousness of Christ. When the command was given to Israel, ‘Remember the Sabbath day, to keep it holy,’ the Lord said also to them, ‘Ye shall be holy men unto Me.’ Exodus 20:8; 22:31. Only thus could the Sabbath distinguish Israel as the worshipers of God.

“As the Jews departed from God, and failed to make the righteousness of Christ their own by faith, the Sabbath lost its significance to them. Satan was seeking to exalt himself and to draw men away from Christ, and he worked to pervert the Sabbath, because it is the sign of the power of Christ. The Jewish leaders accomplished the will of Satan by surrounding God’s rest day with burdensome requirements.” –*The Desire of Ages*, pp. 283, 284.

“The Lord commanded Moses to go and speak unto Pharaoh, bidding him to allow Israel to leave Egypt. Four hundred years they had been in Egypt, and had been in slavery to the Egyptians. They had been corrupted by idolatry, and the time came when God called them forth from Egypt, in order that they might obey His laws and keep His Sabbath, which He had instituted in Eden.” –*Fundamentals of Christian Education*, p. 287.

1. Under what circumstances did the Lord give His law to Israel? Exodus 19:14-25.

“When the law was proclaimed from Sinai, God made known to men the holiness of His character, that by contrast they might see the sinfulness of their own. The law was given to convict them of sin, and reveal their need of a Saviour. It would do this as its principles were applied to the heart by the Holy Spirit. This work it is still to do.” –*The Desire of Ages*, p. 308.

2. To what extent did the Lord God connect Himself with the giving of His sacred law? Deuteronomy 9:10; 10:4.
3. Which commandment of the ten did He stress as a sign between Him and His people? Ezekiel 20:12, 20.
4. How did God show the importance of the Sabbath through the prophet Jeremiah? Jeremiah 17:20, 21.
5. How was it recognized in the ceremonial temple service? Numbers 28:9; Leviticus 24:5-8.
6. What happened to the true worship of God during Israel's history? Isaiah 29:13; Titus 1:13, 14.

Before the time of Christ and after the Lord's prophets ceased to appear, the Jews became very fond of tradition, exalting it even above the authority of the Scriptures. Many examples of this are given in the gospels. Christ sharply reproved the Jews on this point. There was no requirement of God more abused by tradition than the Sabbath; indeed, it was thus greatly perverted from its original design.

For example, the rabbis enumerated forty primary works that were forbidden on the Sabbath. Under each of these were secondary works, which they said were also forbidden. Forbidden primary works included plowing, sowing, reaping, winnowing, gleaning, cleaning, grinding, etc. Then, under grinding came breaking or dividing things that were before united. In another tradition, threshing was forbidden on the Sabbath, and the bruising of things was a special species of threshing. It was a violation of the Sabbath to walk on green grass, for that would either bruise or thresh it.

Furthermore, since one was prohibited from hunting on the Sabbath, he could not catch a flea, for that was a type of hunting. As a man was not to carry a burden on the Sabbath, he could not carry water to a thirsty animal, for that was a burden; but he might pour water into a trough and lead the animal to it. Should a sheep fall into a pit, however, the rabbis would readily lift it out and carry it to a place of safety.

It was taught that one may minister to the sick for the purpose of relieving their distress but not for the purpose of healing their diseases.

He might put a covering on a diseased eye, or anoint it with eyesalve for the purpose of relieving the pain, but not to cure the eye. Such foolish traditions, when carried out, made the Sabbath a burdensome yoke, instead of the merciful, delightful, blessed institution that God designed it to be.

7. How did the year of jubilee relate to the Sabbath day? Leviticus 25:8-10.

“In apportioning the inheritance of His people, it was God’s purpose to teach them, and through them the people of after generations, correct principles concerning the ownership of the land. The land of Canaan was divided among the whole people, the Levites only, as ministers of the sanctuary, being excepted. Though one might for a season dispose of his possession, he could not barter away the inheritance of his children. When able to do so, he was at liberty at any time to redeem it; debts were remitted every seventh year and in the fiftieth, or year of jubilee, all land and property reverted to the original owner. Thus every family was secured in its possession, and a safeguard was afforded against the extremes either of wealth or of poverty.”  
–*Education*, p. 43.

8. What institution was the first and foremost of all the holy convocations and feasts of Israel? Leviticus 23:3.

9. After Jesus died on the cross, what happened to the ceremonial sabbaths in Israel? Colossians 2:14.

10. What importance did the Sabbath have for the Israelites? Deuteronomy 5:12-15.

“The ...  
Sabbath  
upholds the  
idea implied  
in the term  
humanity...”

“That holy day serves to emphasize another fundamental idea of Israel’s religion; namely, the importance of man in the world. The ten commandments in the book of Deuteronomy tell that the Sabbath is to serve as a memorial of the deliverance from Egyptian slavery, for a slave cannot make a Sabbath for himself. In regularly ceasing labor on one day each week, they testified to their right, as human beings, to make of themselves what disposition they will, and to their liberty and equality and all human rights and privileges. Among no other nation of antiquity was there any thought of so great a privilege for the slave as a fixed, weekly day of rest. The Jewish Sabbath upholds the idea implied in the term humanity, that idea being the foundation upon which rests the belief in God.’ –Samuel M. Segal, *The Sabbath Book*,

### *What do you think?*

1. What did the Sabbath mean to a conscientious Jew?
2. How did the Sabbath contribute to his dignity?
3. How did the rabbinical traditions in regard to the Sabbath cause its sacredness to be diminished?



## The Lord's Day

“Jesus observed the Sabbath Day of His own people. It was His custom to worship in the synagogues on the Sabbath Day. After He entered upon His own ministry, He and His followers continued to recognize and use the Sabbath Day, but according to His own individual and spiritual insight and interpretation. Even when Sabbath observance was made one of the chief grounds of bitter antagonism to Him by the Pharisees He continued His recognition of the Sabbath and uttered no word that can properly be construed as lacking in deep reverence.’ –W.O. Carver, *Sabbath Observance*, p. 25....

“It is noteworthy that not the least of the malice which finally caused His crucifixion, was engendered over this very question of Sabbath observance. Christ did not keep the Sabbath according to their ideas, and so they sought to kill Him. Many today cherish the same spirit. Because some do not agree with their ideas of the Sabbath, or Sabbath observance, they seek to persecute and oppress them—seeking laws, and alliances with political powers, to compel respect for their views.” –*Bible Readings for the Home*, pp. 391, 389.

“‘Wherefore the Son of man is Lord also of the Sabbath.’ These words are full of instruction and comfort. Because the Sabbath was made for man, it is the Lord’s day. It belongs to Christ: For ‘all things were made by Him; and without Him was not anything made that was made.’ John 1:3. Since He made all things, He made the Sabbath. By Him it was set apart as a memorial of the work of creation. It points to Him as both the Creator and the Sanctifier. It declares that He who created all things in heaven and in earth, and by whom all things hold together, is the head of the church, and that by His power we are reconciled to God. For, speaking of Israel, He said, ‘I gave them My Sabbaths, to be a sign between Me and them, that they might know that I am the Lord that sanctify them’—make them holy. Ezekiel 20:12. Then the Sabbath is a sign of Christ’s power to make us holy. And it is given to all whom Christ makes holy. As a sign of His sanctifying power, the Sabbath is given to all who through Christ become a part of the Israel of God.” –*The Desire of Ages*, p. 288.

“... The Sabbath is a sign of Christ’s power to make us holy.”

1. How did Jesus link Himself to the Sabbath institution when He was on earth? Mark 2:28.

2. How did He observe the Sabbath day?
  - a. Luke 4:16, 31; 6:6
  
  - b. John 5:5-9
  
  - c. Mark 3:1-5
  
3. How did He respond to objections to what He did on the Sabbath?
  - a. Luke 6:1-4

“If it was right for David to satisfy his hunger by eating of the bread that had been set aside to a holy use, then it was right for the disciples to supply their need by plucking the grain upon the sacred hours of the Sabbath. Again, the priests in the temple performed greater labor on the Sabbath than upon other days. The same labor in secular business would be sinful; but the work of the priests was in the service of God. They were performing those rites that pointed to the redeeming power of Christ, and their labor was in harmony with the object of the Sabbath. But now Christ Himself had come. The disciples, in doing the work of Christ, were engaged in God’s service, and that which was necessary for the accomplishment of this work it was right to do on the Sabbath day.” –*The Desire of Ages*, p. 285.

- b. Mark 3:4, 5

“Although the miracle Christ performed had given evidence that He was from God, they were angry because He had shown their views of Sabbath keeping to be wrong. Wounded pride, obstinacy, and malice, therefore, combined to fill them with madness; and they went out immediately and held counsel with the Herodians—their political enemies—for the purpose of accomplishing His death.” –*Bible Readings for the Home*, p. 389.

“Again Christ reiterated the truth that the sacrifices were in themselves of no value. They were a means, and not an end. Their object was to direct men to the Saviour, and thus to bring them into harmony with God. It is the service of love that God values. When this is lacking, the mere round of ceremony is an offense to Him. So with the Sabbath. It

was designed to bring men into communion with God; but when the mind was absorbed with wearisome rites, the object of the Sabbath was thwarted. Its mere outward observance was a mockery." –*The Desire of Ages*, p. 286.

c. John 5:1-9, 17-19

"The ordinary operations of nature, as manifested in God's almighty, upholding, beneficent, and healing power, go on on the Sabbath. To cooperate with God and nature in the work of healing on the Sabbath cannot, therefore, be out of harmony with God's Sabbath law." –*Bible Readings for the Home*, p. 390.

4. How did Jesus rebuke the Jewish attitude toward the Sabbath? Matthew 12:7, 8.

**"Christ would teach His disciples and His enemies that the service of God is first of all."**

"Christ would teach His disciples and His enemies that the service of God is first of all. The object of God's work in this world is the redemption of man; therefore that which is necessary to be done on the Sabbath in the accomplishment of this work is in accord with the Sabbath law. Jesus then crowned His argument by declaring Himself the 'Lord of the Sabbath'—One above all question and above all law. This infinite Judge acquits the disciples of blame, appealing to the very statutes they are accused of violating." –*The Desire of Ages*, p. 285.

5. What great truth did He teach by His example? 2 Corinthians 3:6.

"The Saviour had not come to set aside what patriarchs and prophets had spoken; for He Himself had spoken through these representative men. All the truths of God's word came from Him. But these priceless gems had been placed in false settings. Their precious light had been made to minister to error. God desired them to be removed from their settings of error and replaced in the framework of truth. This work only a divine hand could accomplish. By its connection with error, the truth had been serving the cause of the enemy of God and man. Christ had come to place it where it would glorify God, and work the salvation of humanity." –*The Desire of Ages*, pp. 287, 288.

6. What attitude toward the value of a person distinguishes true religion from that which is false? Isaiah 13:12.

“Rather than violate their traditions, they would leave a man to suffer, while they would relieve a brute because of the loss to the owner if it were neglected. Thus greater care was shown for a dumb animal than for man, who is made in the image of God. This illustrates the working of all false religions. They originate in man’s desire to exalt himself above God, but they result in degrading man below the brute. Every religion that wars against the sovereignty of God defrauds man of the glory which was his at the creation, and which is to be restored to him in Christ. Every false religion teaches its adherents to be careless of human needs, sufferings, and rights. The gospel places a high value upon humanity as the purchase of the blood of Christ, and it teaches a tender regard for the wants and woes of man. The Lord says, ‘I will make a man more precious than fine gold; even a man than the golden wedge of Ophir.’ Isaiah 13:12.” –*The Desire of Ages*, pp. 286, 287.

7. What statement of Christ is thus carried out? Mark 2:27.

### *What do you think?*

1. What was the main reason Christ and the Jewish leaders disagreed?
2. What makes the Christian religion different from other religions?
3. How important is correct Sabbath keeping?
4. What was a main reason that the Jews sought to kill Jesus?



## The Sabbath of the Apostles

The Acts of the Apostles is believed to have been written more than thirty years after the resurrection of Christ. It contains historical facts regarding the apostolic church in the days when the Christian church was in a condition of great purity and had glorious success. Christians in those days did not claim to originate new doctrines; they were to go into all the world and preach the gospel that Jesus had taught.

What was their attitude toward the Sabbath? Did they treat it as an established institution, a holy day, as did the writers of the Old Testament and as Christ and they themselves had done prior to the resurrection? Or did they call the first day of the week the Sabbath and proclaim it as a new institution to take the place of the ancient Sabbath?

Most certainly, if Sunday had replaced the creation Sabbath at the resurrection of Christ, the historical record of the Christian church in its first thirty years would contain a command to that effect as well as examples of this new holy day being observed. There would also be records of conflicts that would certainly have arisen between the adherents of the Sabbath day and those who upheld the new one. The Scriptures show the day the apostles kept and advocated.

“In the first century the true Sabbath had been kept by all Christians....

“In lands beyond the jurisdiction of Rome there existed for many centuries bodies of Christians who remained almost wholly free from papal corruption. They were surrounded by heathenism and in the lapse of ages were affected by its errors; but they continued to regard the Bible as the only rule of faith and adhered to many of its truths. These Christians believed in the perpetuity of the law of God and observed the Sabbath of the fourth commandment. Churches that held to this faith and practice existed in Central Africa and among the Armenians of Asia....

“These words [of Isaiah 56:1, 2, 5, 7] apply in the Christian age, as shown by the context: ‘The Lord God which gathereth the outcasts of Israel saith, Yet will I gather others to him, besides those that are gathered unto him.’ Verse 8. Here is foreshadowed the gathering in of the Gentiles by the gospel. And upon those who then honor the Sabbath, a blessing is pronounced. Thus the obligation of the fourth commandment extends past the crucifixion, resurrection, and

“These Christians believed in the perpetuity of the law of God and observed the Sabbath....”

ascension of Christ, to the time when His servants should preach to all nations the message of glad tidings.” –*The Great Controversy*, pp. 52, 63, 451.

1. What was the foundation of the Sabbath kept by the apostles?
  - a. Luke 4:16
  - b. Matthew 24:20
  - c. Matthew 12:8
  - d. Matthew 5:17
2. How can one determine which day is the seventh day—the Sabbath—from the gospel record? Mark 16:1, 2; Luke 23:54-56; 24:1.
3. What did Paul do on the Sabbath day in Ephesus? Acts 13:14, 15.
4. What was his purpose in this? Acts 13:42-44.

It is significant that the apostle Paul did not take this occasion to inform the Gentiles of a change of the Sabbath day. If such a change had occurred, it certainly would have been brought to the attention of the Gentiles who asked him to meet with them on the following Sabbath.



5. What were some of the other places where the apostles observed the Sabbath?
- a. Acts 16:12, 13
  - b. Acts 17:1, 2
  - c. Acts 18:1, 4, 11
6. What could Paul testify when he was a prisoner in Rome? Acts 28:17.
7. What fact was acknowledged by the council at Jerusalem? Acts 15:21.

As late as the year A.D. 52, 21 years after Jesus died on the cross, in every city the Scriptures were read in the synagogues every Sabbath day. The Sabbath was the same day that had been kept from the time of Moses.

8. What had Isaiah prophesied that Jesus would do? Isaiah 42:21.

"In nothing, perhaps, was this more strikingly fulfilled than in the matter of Sabbath observance. By their numerous traditional regulations and senseless restrictions the Jews had made the Sabbath a burden, and anything but a delight. Christ removed all these, and by His life and teachings restored the Sabbath to its proper place as a day of worship, of contemplation of God, a day for doing acts of charity and mercy. Thus He magnified it and made it honorable. One of the most prominent features of Christ's ministry was the work of Sabbath reform. He did not abolish or change the Sabbath; but He did rescue it from the rubbish of tradition, false ideas, and superstitions by which it had been degraded. The Pharisees had placed the institution above man and against man. Christ reversed the order and said, 'The Sabbath was made for man and not man for the Sabbath.' He showed that it was to minister to the happiness and well-being of both man and beast." —*Bible Readings for the Home*, pp. 391, 392.

"... It was to minister to the happiness and well-being of both man and beast."

## *What do you think?*

1. Why would God never make a change of the Sabbath to Sunday?
2. What is the Sabbath's foundation?
3. What evidence for Sabbath keeping is there in the story of Christ's death, burial, and resurrection?
4. What thought in the lesson shows that the seventh-day Sabbath is the same as the seventh day of creation?



## A Presumptuous Attempt

"Prophecy had declared that the papacy was to 'think to change times and laws.' Daniel 7:25....

"To prepare the way for the work which he designed to accomplish, Satan had led the Jews, before the advent of Christ, to load down the Sabbath with the most rigorous exactions, making its observance a burden. Now, taking advantage of the false light in which he had thus caused it to be regarded, he cast contempt upon it as a Jewish institution. While Christians generally continued to observe the Sunday as a joyous festival, he led them, in order to show their hatred of Judaism, to make the Sabbath a fast, a day of sadness and gloom.

"In the early part of the fourth century the emperor Constantine issued a decree making Sunday a public festival throughout the Roman Empire. The day of the sun was revered by his pagan subjects, and was honored by Christians; it was the emperor's policy to unite the conflicting interests of heathenism and Christianity. He was urged to do this by the bishops of the church, who, inspired by ambition and thirst for power, perceived that if the same day was observed by both Christians and heathen it would promote the nominal acceptance of Christianity by pagans and thus advance the power and the glory of the church.

"But while many God-fearing Christians were gradually led to regard Sunday as possessing a degree of sacredness, they still held the true Sabbath as the holy of the Lord and observed it in obedience to the fourth commandment....

"In nearly every council the Sabbath which God had instituted was pressed down a little lower, while the Sunday was correspondingly exalted. Thus the pagan festival came finally to be honored as a divine institution, while the Bible Sabbath was pronounced a relic of Judaism, and its observers were declared to be accursed." —*The Great Controversy*, pp. 51-53.

1. What presumptuous power was shown to Daniel the prophet? Daniel 7:25.

“The pope is of so great authority and power that he can modify, explain, or interpret even divine laws.... The pope can modify divine law, since his power is not of man, but of God, and he acts as vicegerent of God upon earth.’ –Translated from Lucius Ferraris, *Prompta Bibliotheca* (Ready Library). ‘Papa,’ art. 2.” –*Bible Readings for the Home*, p. 398.

2. Was the change of the holy day from the Sabbath to Sunday brought about suddenly and accepted immediately?

“Opposition to Judaism introduced the particular festival of Sunday very early, indeed, into the place of the Sabbath.... The festival of Sunday, like all other festivals, was always only a human ordinance, and it was far from the intentions of the apostles to establish a divine command in this respect, far from them, and from the early apostolic church, to transfer the laws of the Sabbath to Sunday. Perhaps at the end of the second century a false application of this kind had begun to take place; for men appeared by that time to have considered laboring on Sunday as a sin.’ –Augustus Neander, *The History of the Christian Religion and Church*, p. 86.

“The observance of the Sunday was at first supplemental to that of the Sabbath, but in proportion as the gulf between the church and the synagogue widened, the Sabbath became less and less important and ended at length in being entirely neglected.’ –L. Duchesne, *Christian Worship: Its Origin and Evolution*, p. 47.” –*Bible Readings for the Home*, pp. 402, 403.

3. What did the apostle Paul call the power that did this? What did he say that it would do? 2 Thessalonians 2:3, 4.

There is only one way any power could exalt itself above God, and that is by assuming to change His divine law and requiring obedience to that change.

4. What does the Catholic Church teach about the change from the Sabbath to Sunday?

“The Catechismus Romanus was commanded by the Council of Trent and published by the Vatican Press, by order of Pope Pius V, in 1566. This catechism for priests says: “It pleased the church of God, that the religious celebration of the Sabbath day should be transferred to ‘the Lord’s day.’”” –*Catechism of the Council of Trent* (Donavan’s translation, 1867), part 3, chap. 4, p. 345....

“Ques.– How prove you that the Church hath power to command feasts and holydays?

“Ans.– By the very act of changing the Sabbath into Sunday, which Protestants allow of; and therefore they fondly contradict themselves, by keeping Sunday strictly, and breaking most other feasts commanded by the same Church.’ –Henry Turberville, *An Abridgement of the Christian Doctrine* (1833 edition), p. 58.

“Ques.– Have you any other way of proving that the Church has power to institute festivals of precept?

“Ans.– Had she not such power, she could not have done that in which all modern religionists agree with her; she could not have substituted the observance of Sunday the first day of the week, for the observance of Saturday the seventh day, a change for which there is no Scriptural authority.’ –Stephen Keenan, *A Doctrinal Catechism* (3rd ed.), p. 174....

“1. Is Saturday the 7th day according to the Bible and the ten commandments?

“I answer, Yes.

“2. Is Sunday the first day of the week and did the Church change the 7th day–Saturday–for Sunday, the 1st day?

“I answer yes.

“3. Did Christ change the day?

“I answer, No!

“Faithfully Yours,

“J. Cardinal Gibbons.’ –Gibbons’ Autographed letter.” –*Bible Readings for the Home*, pp. 399, 400.

## 5. When was the first Sunday law enacted?



In A.D. 321, by Constantine the Great. “The earliest recognition of the observance of Sunday as a legal duty is a constitution of Constantine in 321 A.D., enacting that all courts of justice, inhabitants of towns, and workshops were to be at rest on Sunday (*venerabili dei solis*), with an exception of those engaged in agricultural labor.’ –*Encyclopaedia Britannica*, 11th ed.; art. ‘Sunday.’...

“This edict, issued by Constantine, who first opened the way for the union of church and state in the Roman Empire, in a manner supplied the lack of a divine command for Sunday observance. It was one of the important steps in bringing about and establishing the change of the Sabbath.” –*Bible Readings for the Home*, pp. 403, 404.

6. Was Rome satisfied when Christians kept both the Sabbath and Sunday?

“The churches that were under the rule of the papacy were early compelled to honor the Sunday as a holy day. Amid the prevailing error and superstition, many, even of the true people of God, became so bewildered that while they observed the Sabbath, they refrained from labor also on the Sunday. But this did not satisfy the papal leaders. They demanded not only that the Sunday be hallowed, but that the Sabbath be profaned; and they denounced in the strongest language those who dared to show it honor. It was only by fleeing from the power of Rome that any could obey God’s law in peace.” –*The Great Controversy*, p. 65.

Because the practice of keeping the seventh-day Sabbath was evidently gaining ground in the Eastern church, the following decree was passed in the Council of Laodicea in A.D. 364: “‘Christians shall not Judaize and be idle on Saturday, but shall work on that day; but the Lord’s day they shall especially honour.’ –Charles Joseph Hefele, *A History of the Councils of the Church* (1896 English ed.), vol. 2, p. 316.” –*Bible Readings for the Home*, p. 420.

7. How did Christ answer the temptation of the devil? Luke 4:8.

8. What was and is Satan’s intention in attacking the Sabbath?

“It was as a memorial of the work of creation that the seventh day was sanctified as a rest day for man.”

“He had dared to change the only precept of the divine law that unmistakably points all mankind to the true and living God. In the fourth commandment, God is revealed as the Creator of the heavens and the earth, and is thereby distinguished from all false gods. It was as a memorial of the work of creation that the seventh day was sanctified as a rest day for man. It was designed to keep the living God ever before the minds of men as the source of being and the object of reverence and worship. Satan strives to turn men from their allegiance to God, and from rendering obedience to His law; therefore he directs his efforts especially against that commandment which points to God as the Creator.” –*The Great Controversy*, pp. 53, 54.

9. What did the apostle Paul call the power that would presume to make such a change? 2 Thessalonians 2:3, 4.

10. What does the Bible indicate will be the end of this power? Revelation 22:19; 20:15; 2 Thessalonians 2:8.

### *What do you think?*

1. What methods does Satan use to take man's allegiance away from his Creator?
2. Does the Sabbath commandment only forbid labor on the holy day, or does it do more than this?
3. How alone can the Sabbath be kept holy?
4. Was the law of God actually changed when the Catholic Church presumed to do so?



## Evidence for Sunday Observance Examined

The first day of the week was called that by Jehovah 6,000 years ago. The six inspired writers who mention it called it that—"the first day of the week." None alluded to it as the holy rest day, while three of them stated that it was the day after the Sabbath, showing that they did not regard it as the Sabbath.

Among Christians there is confusion over the reasons for Sunday keeping. The two arguments that are most commonly used are the following:

1. One school of thought holds that Sunday is now the holy day of rest, the Christian sabbath, in an attempt to connect it with the Old Testament Sabbath, thus asserting that in observing it one is obeying the commandment to keep the Sabbath holy. This view is in harmony with the generally accepted belief that the decalog is still in force for Christians. Protestants who speak of Sunday as the Sabbath take this position.
2. Another school of thought teaches that the Sabbath as a part of the commandments of God is no longer binding, so it does matter what day one observes as a day of rest. Sunday is a new rest day on a new basis—as a memorial of Christ's resurrection. It is not called the Sabbath and is not validated by the Ten Commandments.

Both of these views involve a change of Jesus' practice and teachings.

1. What two memorials did Jesus teach during His life on earth? 1 Corinthians 11:25, 26; Romans 6:3, 4; Colossians 2:12.

No statement is made by any of the church fathers that a change was made by Jesus or the apostles, instituting Sunday as a memorial of Jesus' resurrection, in spite of the obvious desire of some later church authorities to bring about such a change. In the absence of a direct statement, support for Sunday must be found in the practices of the church.

2. What single event is described in four of the eight references to the first day (Sunday) in the New Testament? Matthew 28:1-6; Mark 16:1-6, 9; Luke 24:1-6; John 20:1.

“The disciples rested on the Sabbath, ... while Jesus, the King of glory, lay in the tomb.”

“The disciples rested on the Sabbath, sorrowing for the death of their Lord, while Jesus, the King of glory, lay in the tomb. As night drew on, soldiers were stationed to guard the Saviour’s resting place, while angels, unseen, hovered above the sacred spot. The night wore slowly away, and while it was yet dark, the watching angels knew that the time for the release of God’s dear Son, their loved Commander, had nearly come.

“As the light of the angel shone around, brighter than the sun, that Roman guard fell as dead men to the ground. One of the angels laid hold of the great stone and rolled it away from the door of the sepulcher and seated himself upon it. The other entered the tomb and unbound the napkin from the head of Jesus. Then the angel from heaven, with a voice that caused the earth to quake, cried out, ‘Thou Son of God, Thy Father calls Thee! Come forth.’” –*Early Writings*, pp. 181, 182.

3. Where were the disciples that evening? John 20:19.

It is supposed by many that the disciples were assembled to commemorate the resurrection of Jesus and that when He came among them and said, “Peace be unto you,” this indicated His approval of their action of assembling on that day and thus honored the first Christian sabbath. But does the narrative justify such an idea? This and other scriptures support the following conclusions:

1. The reason the disciples had come together was for fear of the Jews, not to celebrate Christ’s resurrection.
2. The place of their meeting was undoubtedly the upper room, where they all abode (Acts 1:13), not the temple or any other place of worship.
3. The time of this meeting must have been toward the end of the first day of the week in accordance with the Biblical calculation of time—before sunset. Genesis 1:5; Leviticus 23:32; Mark 1:32. John and the other evangelists declared that it was evening.
4. They could not have been celebrating the resurrection at that time, because they were eating dinner and did not even believe that He had risen. Mark 16:14.
5. The first day of the week was a common day to the disciples. In fact, Jesus and they walked 19 miles that day!

4. What visitors came? Luke 24:33-36.

The two men returned to Jerusalem to tell the disciples that they had recognized Jesus when He blessed and broke the bread. It was therefore dark and the second day of the week, according to the way the Bible calculates the beginning and end of a day.

5. Who appeared in their midst? Mark 16:12-14.

It was the evening after the first day of the week, the first opportunity for Jesus to find the group together after the resurrection.

6. What record is given of a special meeting held by Paul at Troas? Acts 20:7.

This text is regarded by first-day observers as one of the strongest evidences in Scripture on behalf of a change of the holy day to Sunday. It is the only example in the New Testament in which a religious meeting is said to have been held on the first day of the week. It was a night meeting. Many lights were necessary, for the meeting continued until daybreak. Eutychus went to sleep and fell out the window about midnight; and after going down and healing him, Paul continued speaking until daylight. Then he departed on his journey to Assos, 19 miles across the peninsula. Luke and his companions went ahead by ship—that is, they started earlier, intending to go around the point of land and take Paul into the ship when he reached Assos. In this way Paul gained some time and was able to speak more to the believers.

To understand this incident correctly, it is important to ascertain whether the meeting took place on Sabbath night or Sunday night. It is clear that it was on Sabbath night. For it to be on the first day of the week, Biblically reckoned, it had to be on Saturday night, for the first day began at sundown. Thus, Paul traveled 19 miles on foot to Assos during the daytime on Sunday, and Luke and his companions spent still more time that day traveling to the same point by ship.

7. To what other text do Sunday adherents attach significance? 1 Corinthians 16:2.

Some people claim that the above text is evidence for Sunday sacredness, asserting that public collections were gathered on the first day of the week. They then assert that public meetings had to be

held on the first day of the week as regular gatherings of Christians and to gather public offerings. But does this text say anything like that? The whole matter revolves around the expression, “lay by him in store.” Is the act of taking money from one’s purse or pocket and placing it in a public box or plate “laying by him”—that is, by himself—“in store”? Most certainly it would be just the opposite, for giving the money to the church would be putting the money away from oneself. The money would be gone. The action Paul described had nothing to do with a public gathering but with something to be done at home. This is the meaning of the original Greek. The text refers to a business transaction in which one sets his offerings aside; it did not relate to a religious act or service.



# Has Time Been Lost?

When this question comes up, one can provide evidence from Scripture for the perpetuity of God's rest day as well as look up the changes that have been made in the calendar.

In the time when the Israelites were in the wilderness, the manna fell unfailingly on every day except the Sabbath, with the day before yielding a double portion. The people were to manage their affairs so that the Sabbath would be kept holy.

About 2,000 years later, after the exiles returned from the Babylonian captivity, Nehemiah contended with those who dishonored the Sabbath as well as the merchants who wanted to camp outside the city gates to do business. He not only threatened to arrest those who continued to do that but also "commanded the Levites that they should cleanse themselves, and that they should come and keep the gates, to sanctify the sabbath day." Nehemiah 13:22.

Jesus upheld the sanctity of the Sabbath all during His ministry, spending time worshipping in the synagogues. It is stated in the Scriptures that the godly women kept that day holy after Jesus was crucified, and Jesus Himself rested in the grave on the Sabbath.

Even though the Jews rejected Jesus, they continued to observe the Sabbath in one way or another all over the world down to this very day.

But what about calendar changes? The Julian calendar (named after Julius Caesar, as is the month of July) began to be used in B.C. 46, so it was followed in Palestine in the time of Jesus. Gregory XIII had the calendar revised again in 1582. Thursday, October 4, was followed by Friday, October 15. In 1752, there was another change, with Wednesday, September 2, followed by Thursday, September 14. —*The Catholic Encyclopedia*, vol. III, art. "Chronology," p. 740. In every case, the order of the days of the week remained unchanged.

## OCTOBER 1582

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	1	2	3	4	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

The week in use at the time of Christ was exactly the same as it is on the calendar that we use today. Sunday is the first day of the week, and Saturday (Sabbath) is the seventh day. Jesus lived under the Roman calendar. What the Jews called the seventh day and the first day, the Romans called Saturn's day and Sun's day. God created the world in six days and rested on the seventh day, and the Sabbath has been holy ever since then.

## Sunday Laws—a Coming Test

“In the movements now in progress in the United States to secure for the institutions and usages of the church the support of the state, Protestants are following in the steps of papists. Nay, more, they are opening the door for the papacy to regain in Protestant America the supremacy which she has lost in the Old World. And that which gives greater significance to this movement is the fact that the principal object contemplated is the enforcement of Sunday observance—a custom which originated with Rome, and which she claims as the sign of her authority. It is the spirit of the papacy—the spirit of conformity to worldly customs, the veneration for human traditions above the commandments of God—that is permeating the Protestant churches and leading them on to do the same work of Sunday exaltation which the papacy has done before them.” —*The Great Controversy*, p. 573.

1. What is the third angel's message? Revelation 14:9-11.

“That must be a terrible sin which calls down the wrath of God unmingled with mercy.”

“In contrast to those who keep the commandments of God and have the faith of Jesus, the third angel points to another class, against whose errors a solemn and fearful warning is uttered: ‘If any man worship the beast and his image, and receive his mark in his forehead or in his hand, the same shall drink of the wine of the wrath of God.’ Revelation 14:9, 10....

“The most fearful threatening ever addressed to mortals is contained in the third angel's message. That must be a terrible sin which calls down the wrath of God unmingled with mercy. Men are not to be left in darkness concerning this important matter;...” —*The Great Controversy*, pp. 438, 449.

2. What do “the beast,” “the image,” and “the mark” symbolize? Revelation 14:9.

**The beast:** “In chapter 13 (verses 1-10) is described another beast, ‘like unto a leopard,’ to which the dragon gave ‘his power, and his seat, and great authority.’ This symbol, as most Protestants have believed, represents the papacy, which succeeded to the power and seat and authority once held by the ancient Roman Empire.”

**The image:** “In order for the United States to form an image of the beast, the religious power must so control the civil government that the authority of the state will also be employed by the church to accomplish her own ends....”

“The ‘image to the beast’ represents that form of apostate Protestantism which will be developed when the Protestant churches shall seek the aid of the civil power for the enforcement of their dogmas.”

**The mark:** “What then is the change of the Sabbath, but the sign, or mark, of the authority of the Roman Church—‘the mark of the beast’?”  
—*The Great Controversy*, pp. 439, 443, 445, 448.

3. How does the prophecy describe the conflict about which the third angel warns? Revelation 13:11-14, 16, 17.

“But in the very act of enforcing a religious duty by secular power, the churches would themselves form an image to the beast; hence the enforcement of Sunday keeping in the United States would be an enforcement of the worship of the beast and his image.” —*The Great Controversy*, p. 449.

4. What relationship is there between Constantine’s first Sunday law (A.D. 321) and all subsequent Sunday laws?

“This [Constantine’s decree of March, 321] is the ‘parent’ Sunday law making it a day of rest and release from labor. For from this day to the present there have been decrees about the observance of Sunday which have profoundly influenced European and American society. When the Church became a part of State under the Christian emperors Sunday observance was enforced by civil statutes and later, when the Empire was past, the Church in the hands of the papacy enforced it by ecclesiastical, and also influenced it by civil enactments.” —*Seventh-day Adventist Bible Commentary*, vol. 9, p. 1000.

5. What shows the “secularity” of Sunday laws? Colossians 2:22.

They are very changeable, as the following examples show:

1. Constantine’s law (March 7, 321) permitted sowing grain and planting vines.
2. The Synod of Orleans (538) forbade rural work and permitted meal preparation.

3. Gregory I (590-604) prohibited the yoking of oxen or performance of other work, except for approved reasons.
4. Under Charlemagne (788), all labor was forbidden, because it was declared that this was against the fourth commandment (the first reference to the Sabbath commandment in support of Sunday laws). This decree also forbade especially what Constantine had approved—field labor and vineyard work.

Such laws  
are weak and  
arbitrary at  
best.

Observe the varied restrictions placed on the people in the different states of America that have Sunday laws on their books. Obviously such laws are weak and arbitrary at best.

6. What are we told in the Scriptures about God's commandments? Psalm 111:7, 8; Malachi 3:6.
7. What group of Christians brought the Sunday law idea to America? Revelation 12:16.

"When first constrained to separate from the English Church, the Puritans had joined themselves together by a solemn covenant, as the Lord's free people, 'to walk together in all His ways made known or to be made known to them.' Here was the true spirit of reform, the vital principle of Protestantism. It was with this purpose that the Pilgrims departed from Holland to find a home in the New World....

"Attendance at the services of the established church [in the New World] was required under a penalty of fine or imprisonment." —*The Great Controversy*, pp. 291, 294.

The Pilgrims brought the British Sunday laws, established under Charles II, with them to the New World. Here is the one that became a model for most American Sunday laws: "Be it enacted ... that all and every Person and Persons whatsoever, shall on every Lord's Day apply himself to the Observation of the same, by exercising themselves thereon in the Duties of Piety and true Religion, publicly and privately; (4) and that no ... Person whatsoever, shall do or exercise any worldly Labor, Business or Work of their ordinary Callings, upon the Lord's Day, or any Part thereof (Works of Necessity and Charity only excepted;) ... (6) and that no Person or Persons whatsoever, shall publicly cry, shew forth, or expose to Sale, any Wares, Merchandizes, Fruit, Herbs, Goods or Chattels whatsoever." —*Seventh-day Adventist Bible Commentary*, vol. 9, p. 1003.

8. What principle underlies all Sunday legislation? Revelation 13:1.

"The regulation adopted by the early colonists, of permitting only members of the church to vote or to hold office in the civil government, led to most pernicious results. This measure had been accepted as a means of preserving the purity of the state, but it resulted in the corruption of the church.... The union of the church with the state, be the degree never so slight, while it may appear to bring the world nearer to the church, does in reality but bring the church nearer to the world." –*The Great Controversy*, p. 297.

9. In contrast to these movements, what is the prophesied task of God's remnant church? Isaiah 58:12-14.
10. What will be the inevitable result when God's people are true to Him? Revelation 12:17; 1 Peter 5:8.

"Why is it, then, that persecution seems in a great degree to slumber? The only reason is that the church has conformed to the world's standard and therefore awakens no opposition. The religion which is current in our day is not of the pure and holy character that marked the Christian faith in the days of Christ and His apostles. It is only because of the spirit of compromise with sin, because the great truths of the word of God are so indifferently regarded, because there is so little vital godliness in the church, that Christianity is apparently so popular with the world. Let there be a revival of the faith and power of the early church, and the spirit of persecution will be revived, and the fires of persecution will be rekindled." –*The Great Controversy*, p. 48.

### *What do you think?*

1. What is wrong with all governmental religious legislation?
2. What is the proper sphere of the church, and what is the jurisdiction of the state?
3. What position should God's church take in regard to Sunday legislation?
4. What is your idea of the meaning of tolerance?

# Restoration of the Sabbath

Today those who love God are called to restore His holy day to its rightful place.

*“And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.*

*“If thou turn away thy foot from the sabbath, from doing thy pleasure on My holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.” Isaiah 58:12-14.*

Another word for “breach” is “gap”—a break or hole. When the gap that has been made in God’s holy law is fixed, people will have the inspiration and strength to keep the Ten Commandments with all their hearts. This is shown in Revelation 14:12: “Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.” John mentions four characteristics here: First, God’s people have patience (they endure and are persevering); second, they are holy and sanctified, which is what it means to be a saint; third, they keep all of the Ten Commandments; and fourth, they keep the faith of Jesus.

Active obedience to God’s will is essential for life. Obedience is superior to knowledge. Jesus gave this principle: “If you know these things, happy are ye if ye do them.” John 13:17. Will we carefully consider and obey God in keeping the Sabbath holy? Paul wrote: “Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey?” Romans 6:16. It is very unwise to let other people keep us from obeying the truths of the Bible. “If ye be willing and obedient, ye shall eat the good of the land.” Isaiah 1:19. Faith and obedience make people part of God’s holy, eternal kingdom.



## The Sealing

“My dear brethren and sisters, let the commandments of God and the testimony of Jesus Christ be in your minds continually and let them crowd out worldly thoughts and cares. When you lie down and when you rise up, let them be your meditation. Live and act wholly in reference to the coming of the Son of man. The sealing time is very short, and will soon be over. Now is the time, while the four angels are holding the four winds, to make our calling and election sure.” —*Early Writings*, p. 58.

1. What sealing work did the prophet Ezekiel describe? Ezekiel 9:4.
2. After the sealing is finished, what terrible work will begin? Ezekiel 9:5-7.
3. Where will the work of judgment begin? Ezekiel 9:6.

“The true people of God, who have the spirit of the work of the Lord and the salvation of souls at heart, will ever view sin in its real, sinful character. They will always be on the side of faithful and plain dealing with sins which easily beset the people of God. Especially in the closing work for the church, in the sealing time of the one hundred and forty-four thousand who are to stand without fault before the throne of God, will they feel most deeply the wrongs of God’s professed people. This is forcibly set forth by the prophet’s illustration of the last work under the figure of the men each having a slaughter weapon in his hand. One man among them was clothed with linen, with a writer’s inkhorn by his side. ‘And the Lord said unto him, Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men that sigh and that cry for all the abominations that be done in the midst thereof.’” —*Testimonies for the Church*, vol. 3, p. 266.

4. What is the seal of God? Exodus 20:8-11.

The seal attached to a document makes it legal. Esther 8:8. In the last part of the Fourth Commandment (verse 11) are the elements of a seal. Hence the Sabbath commandment contains the seal on the Ten Commandments, God's universal moral law.

1. Name = God ("the Lord")
2. Title = Creator ("the Lord made")
3. Territory = Heaven and earth

"The Sabbath will be the great test of loyalty, for it is the point of truth especially controverted.... While one class, by accepting the sign of submission to earthly powers, receive the mark of the beast, the other, choosing the token of allegiance to divine authority, receive the seal of God." –*The Great Controversy*, p. 605.

5. What special group was seen by John as being sealed? Revelation 7:4.
6. What is the connection between the name of the Father and the Sabbath? Revelation 7:3; 14:1.

"When the Sabbath was changed by the papal power, the seal was taken from the law. The disciples of Jesus are called upon to restore it by exalting the Sabbath of the fourth commandment to its rightful position as the Creator's memorial and the sign of His authority." –*The Great Controversy*, p. 452.

"There ... is a close connection between the seal and the divine name."

"There ... is a close connection between the seal and the divine name. Evidently in vision the seal that John saw contained the name of the Father and the Son.... Applied to the 144,000, the names represent (1) ownership—the 144,000 belong to God; (2) character—the 144,000 reflect the image of Jesus fully." –*Seventh-day Adventist Bible Commentary*, vol. 7, p. 825.

7. Does abstaining from work on the seventh day automatically assure that one will receive the seal of God?

"Not all who profess to keep the Sabbath will be sealed. There are many even among those who teach the truth to others who will not receive the seal of God in their foreheads." –*Testimonies for the Church*, vol. 5, pp. 213, 214.

8. When did the sealing work begin?

It was at the time of the conflict of the nations of Europe, in the early months of 1848, that light came to the Adventist people in respect to the sealing message. "Such was the situation in the summer of 1848. This led the Seventh-day Adventists to earnest, prayerful study for light. The Lord led their minds to the holding of the winds (wars) and the sealing work, with a determination to find the meaning of the situation. They found, in their study of the Scriptures, that the seventh day Sabbath was the sign of the living God, and the seal of His law. This newly received light from the word of God gave still greater force to the Sabbath message, and doubly assured them that this, as the sealing message, must be proclaimed to the world before the actual coming of Christ."—John N. Loughborough, *Questions on the Sealing Message*, pp. 10, 11.

9. When will the divine sealing work end? Daniel 12:1; Revelation 22:11; Ezekiel 9:11; Revelation 8:5.

"I saw angels hurrying to and fro in heaven. An angel with a writer's inkhorn by his side returned from the earth and reported to Jesus that his work was done, and the saints were numbered and sealed. Then I saw Jesus, who had been ministering before the ark containing the Ten Commandments, throw down the censer. He raised His hands, and with a loud voice said, 'It is done.'" —*Early Writings*, p. 279.

10. What does the sealing work encompass in addition to Sabbath observance?

"Just as soon as the people of God are sealed in their foreheads—it is not any seal or mark that can be seen, but a settling into the truth, both intellectually and spiritually, so they cannot be moved—just as soon as God's people are sealed and prepared for the shaking, it will come. Indeed, it has begun already; the judgments of God are now upon the land, to give us warning, that we may know what is coming." —*Seventh-day Adventist Bible Commentary*, vol. 4, p. 1161.

11. Since the seal of God is not an outward sign, who alone can read it? Ezekiel 9:5, 6.

"What is the seal of the living God, which is placed in the foreheads of His people? It is a mark which angels, but not human eyes, can read; for the destroying angel must see this mark of redemption. "The angel with the writer's inkhorn is to place a mark upon the foreheads of all who

are separated from sin and sinners, and the destroying angel follows this angel.” –*Seventh-day Adventist Bible Commentary*, vol. 4, p. 1161.

### *What do you think?*

1. How is the sealing a spiritual work?
2. What activity in the heavenly sanctuary runs parallel to the sealing work?
3. What is most important for God’s people in the sealing time?
4. Will there be opportunity to change once the sealing has been completed?



## Sabbath Keeping Today

“Should God forbid the sun to perform its office upon the Sabbath, cut off its genial rays from warming the earth and nourishing vegetation? Must the system of worlds stand still through that holy day? Should He command the brooks to stay from watering the fields and forests, and bid the waves of the sea still their ceaseless ebbing and flowing? Must the wheat and corn stop growing, and the ripening cluster defer its purple bloom? Must the trees and flowers put forth no bud nor blossom on the Sabbath?”

“In such a case, men would miss the fruits of the earth, and the blessings that make life desirable. Nature must continue her unvarying course. God could not for a moment stay His hand, or man would faint and die. And man also has a work to perform on this day. The necessities of life must be attended to, the sick must be cared for, the wants of the needy must be supplied. He will not be held guiltless who neglects to relieve suffering on the Sabbath. God’s holy rest day was made for man, and acts of mercy are in perfect harmony with its intent. God does not desire His creatures to suffer an hour’s pain that may be relieved upon the Sabbath or any other day.” —*The Desire of Ages*, pp. 206, 207.

1. What was one important purpose in Christ’s coming to the earth as a baby? Isaiah 42:21; Matthew 5:17, 18.
2. What statement made by Christ is in full harmony with this objective? Matthew 12:8.
3. Why did the Creator set the seventh day aside from the other six? Exodus 31:13.

“In the fourth commandment God is revealed as the Creator of the heavens and the earth, and is thereby distinguished from all false gods. It was as a memorial of the work of creation that the seventh day was sanctified as a rest day for man. It was designed to keep the

living God ever before the minds of men as the source of being and the object of reverence and worship.” –*The Story of Redemption*, p. 330.

4. Why does the fourth commandment begin with the word “remember”? Exodus 20:8-11.

“While it calls to mind the lost peace of Eden, it tells of peace restored through the Saviour.”

“The Sabbath, as a memorial of God’s creative power, points to Him as the Maker of the heavens and the earth. Hence it is a constant witness to His existence and a reminder of His greatness, His wisdom, and His love. Had the Sabbath always been sacredly observed, there could never have been an atheist or an idolater.” –*Patriarchs and Prophets*, p. 336.

“While it calls to mind the lost peace of Eden, it tells of peace restored through the Saviour.” –*The Desire of Ages*, p. 289.

5. When should preparation for the Sabbath be done?

“All through the week keep the Lord’s holy Sabbath in view, for that day is to be devoted to the service of God. It is a day when the hands are to rest from worldly employment, when the soul’s needs are to receive special attention.” –*Child Guidance*, p. 527.

6. What is the day before the Sabbath called? Luke 23:50-56.

7. What does preparation for the Sabbath include?

“While cooking on the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive. Provide something that will be regarded as a treat, something the family do not have every day....

“On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness and that all cooking is done. Let the boots be blacked and the baths be taken. It is possible to do this. If you make it a rule, you can do it....

“There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, ‘confess

your faults one to another, and pray for one another, that ye may be healed.’ James 5:16...

“Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight....

“We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time.” –*Testimonies for the Church*, vol. 6, pp. 357, 355, 356.

8. What is given in the Scriptures as a symbol of God’s law? Ezekiel 22:30; Isaiah 5:1, 2.

9. What happened to the wall, and what needed to be done? Isaiah 58:12.

10. What example did Jesus give His followers? Luke 4:16; Hebrews 10:25.

“While we are exhorted not to forsake the assembling of ourselves together, these assemblies are not to be merely for our own refreshing. We are to be inspired with greater zeal to impart the consolation we have received. It is our duty to be very jealous for the glory of God and to bring no evil report, even by the sadness of the countenance or by ill-advised words, as if the requirements of God were a restriction upon our liberty.” –*Testimonies for the Church*, vol. 6, p. 365.

11. What other activity was an important part of Christ’s Sabbath keeping? Luke 13:14-16.

“The work of Christ in healing the sick was in perfect accord with the law. It honored the Sabbath.” –*The Desire of Ages*, p. 207.

12. What are other wonderful Sabbath activities? Psalm 111:2-4; 8:3; 24:1.



“In pleasant weather let parents walk with their children in the fields and groves. Amid the beautiful things of nature tell them the reason for the institution of the Sabbath. Describe to them God’s great work of creation. Tell them that when the earth came from His hand, it was holy and beautiful.... Show that it was sin which marred God’s perfect work; that thorns and thistles, sorrow and pain and death, are all the result of disobedience to God....

“Tell them the way of salvation; how ‘God so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.’ John 3:16.... From time to time read with them the interesting stories in Bible history. Question as to what they have learned in the Sabbath school, and study with them the next Sabbath’s lesson.” –*Testimonies for the Church*, vol. 6, pp. 358, 359.

13. What should be avoided on the Sabbath day? Isaiah 58:13.

“Before the Sabbath begins, the mind as well as the body should be withdrawn from worldly business. God has set His Sabbath at the end of the six working days, that men may stop and consider what they have gained during the week in preparation for the pure kingdom which admits no transgressor....

“In harmony with the light which the Lord has given in regard to the observance of the Sabbath, we should be more careful about traveling on the boats or cars on this day. In these matters we should set a right example before our children and youth.” –*Testimonies for the Church*, vol. 6, pp. 356, 360.

### *What do you think?*

1. How do the Sabbath’s time element and meaning enhance the blessings of its observance?
2. What is delightful about the Sabbath?
3. What should one do if he is tempted to be careless of God’s holy time on the Sabbath?
4. What special blessings do God’s people receive from observing the holy Sabbath day?

## Sanctification and the Sabbath

“He who from the heart obeys the fourth commandment will obey the whole law.”

“From the pillar of cloud Christ declared concerning the Sabbath: ‘Verily My Sabbaths ye shall keep: for it is a sign between Me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you.’ Exodus 31:13. The Sabbath given to the world as the sign of God as the Creator is also the sign of Him as the Sanctifier. The power that created all things is the power that re-creates the soul in His own likeness. To those who keep holy the Sabbath day it is the sign of sanctification. True sanctification is harmony with God, oneness with Him in character. It is received through obedience to those principles that are the transcript of His character. And the Sabbath is the sign of obedience. He who from the heart obeys the fourth commandment will obey the whole law. He is sanctified through obedience.” –*Testimonies for the Church*, vol. 6, p. 350.

1. Of what was the Sabbath a sign to God’s people? Exodus 31:13.
2. What is sanctification? 1 Thessalonians 4:3; 5:23.

“... Genuine sanctification ... is nothing less than a daily dying to self....” –*Testimonies for the Church*, vol. 4, p. 299.

“Sanctification is the work, not of a day, or of a year, but of a lifetime.” –*Testimonies for the Church*, vol. 8, pp. 312, 313.

“Sanctification means habitual communion with God.” –*Seventh-day Adventist Bible Commentary*, vol. 7, p. 908.

“The sanctification set forth in the Sacred Scriptures has to do with the entire being—spirit, soul, and body.” –*The Sanctified Life*, p. 7.

“To love God supremely, and your neighbor as yourself, is true sanctification.” –*Sons and Daughters of God*, p. 334.

“True sanctification is a Bible doctrine. The apostle Paul, in his letter to the Thessalonian church, declares: ‘This is the will of God, even your sanctification.’ And he prays: ‘The very God of peace sanctify you wholly.’ 1 Thessalonians 4:3; 5:23. The Bible clearly teaches what sanctification is and how it is to be attained. The Saviour prayed for His

disciples: 'Sanctify them through Thy truth: Thy word is truth.' John 17:17. And Paul teaches that believers are to be 'sanctified by the Holy Ghost.' Romans 15:16. What is the work of the Holy Spirit? Jesus told His disciples: 'When He, the Spirit of truth, is come, He will guide you into all truth.' John 16:13.... By the word and the Spirit of God are opened to men the great principles of righteousness embodied in His law. And since the law of God is 'holy, and just, and good,' a transcript of the divine perfection, it follows that a character formed by obedience to that law will be holy. Christ is a perfect example of such a character. He says: 'I have kept My Father's commandments.' 'I do always those things that please Him.' John 15:10; 8:29. The followers of Christ are to become like Him—by the grace of God to form characters in harmony with the principles of His holy law. This is Bible sanctification." —*The Great Controversy*, p. 469.

3. What are the means of sanctification? John 17:17, 19.
  
4. What are the two great agencies employed by God to bring about sanctification in His people? Romans 15:16; John 16:13; Psalm 119:142.

"True sanctification means perfect love, perfect obedience, perfect conformity to the will of God. We are to be sanctified to God through obedience to the truth." —*The Acts of the Apostles*, p. 565.

5. What cannot be achieved by keeping God's commandments, including Sabbath observance? Romans 3:20; 10:3; Galatians 2:16.

"There are many who, through striving to obey God's commandments, have little peace or joy. This lack in their experience is the result of a failure to exercise faith. They walk as it were in a salt land, a parched wilderness. They claim little, when they might claim much; for there is no limit to the promises of God. Such ones do not correctly represent the sanctification that comes through obedience to the truth." —*The Acts of the Apostles*, pp. 563, 564.

6. How is the Sabbath a sanctifying power in the Christian's life? Hebrews 4:2, 10.

"There is no Bible sanctification for those who cast a part of the truth behind them...."

"Here is Bible sanctification. It is not merely a show or outside work. It is sanctification received through the channel of truth. It is truth received in the heart, and practically carried out in the life." –*Testimonies for the Church*, vol. 1, pp. 338, 339.

7. What is the goal of sanctification? How long does the process take? Philippians 2:12-15; Ephesians 5:25-27.

"Sanctification is not the work of a moment, an hour, or a day. It is a continued growth in grace....

"The Christian life is constantly an onward march. Jesus sits as a refiner and purifier of His people; and when His image is perfectly reflected in them, they are perfect and holy, and prepared for translation. A great work is required of the Christian. We are exhorted to cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God. Here we see where the great labor rests. There is a constant work for the Christian. Every branch in the parent vine must derive life and strength from that vine, in order to yield fruit." –*Testimonies for the Church*, vol. 1, p. 340.

"Sanctification is not the work of a moment, an hour, a day, but of a lifetime. It is not gained by a happy flight of feeling, but is the result of constantly dying to sin, and constantly living for Christ. Wrongs cannot be righted nor reformations wrought in the character by feeble, intermittent efforts. It is only by long, persevering effort, sore discipline, and stern conflict, that we shall overcome." –*The Acts of the Apostles*, p. 560.

8. What connection is there between the persecution of God's people under the Sunday law and sanctification? Revelation 13:15-17.

"The directions laid down in the word of God leave no room for compromise with evil. The Son of God was manifested that He might draw all men to Himself. He came not to lull the world to sleep, but to point out the narrow path in which all must travel who reach at last the gates of the City of God....

"The Son of God was manifested that He might draw all men to Himself."

"God requires the homage of a sanctified soul, which has prepared itself by the exercise of the faith that works by love, to serve Him. He holds up before us the highest ideal, even perfection. He asks us to be absolutely and completely for Him in this world as He is for us in the presence of God." –*The Acts of the Apostles*, pp. 565, 566.

9. What is the key to obtaining Christ's righteousness? John 7:17; Romans 1:17.

“This is the will of God’ concerning you, ‘even your sanctification.’ 1 Thessalonians 4:3. Is it your will also? Your sins may be as mountains before you; but if you humble your heart and confess your sins, trusting in the merits of a crucified and risen Saviour, He will forgive and will cleanse you from all unrighteousness.” –*The Acts of the Apostles*, p. 566.

10. Toward what should our free will be directed to receive sanctification? Isaiah 48:18.

### *What do you think?*

1. How does conscientious Sabbath keeping make one like Jesus?
2. What relationship exists between Sabbath observance and faith?
3. How do faith and action go together?
4. Who will be sanctified?



The fourth commandment contains God's seal of authority on His moral law. He is the Creator and Sustainer of all life in the universe. The Sabbath is God's sign of many things:

Everything was made by the breath of His mouth and from nothing. **Psalm 33:6, 9; Hebrews 11:3.**

He laid the foundations of the earth. **Psalm 104:5.**

He is distinguished from false gods. **Jeremiah 10:10-12.**

He upholds everything. **Hebrews 1:3.**

He sustains all life in the universe. **Acts 17:28.**

He sanctifies and makes His people holy. **Exodus 31:13.**

He is the God of His people. **Ezekiel 20:12, 20.**

The same divine power that is necessary for creation is also needed to create spiritual life. The new birth is God's creation in the spiritual realm. The Sabbath is the sign of God's sovereignty. Christ is supreme in the Christian's life. The keeping of the holy Sabbath day is always a sign of loyalty to Him as Lord and Saviour.

