



THE SABBATH



AN ONGOING REMINDER OF CREATION
A SYMBOL OF REDEMPTION
A SIGN OF HIS TRANSFORMING POWER
A SIGN OF LOYALTY
A TIME OF FELLOWSHIP
A SIGN OF RIGHTEOUSNESS BY FAITH
A SYMBOL OF RESTING IN CHRIST

BY FRANKLIN P. STAHL



THE SABBATH

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FROM THE AUTHOR

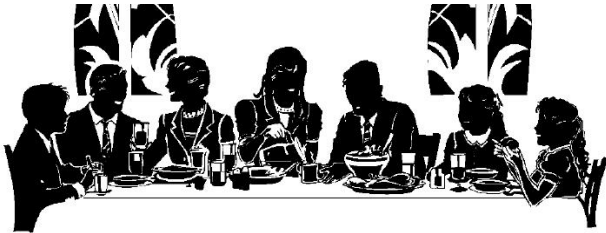
The Sabbath has broad significance is filled with deep and rich spirituality. Few have probably ever experienced it's full meaning. I chose the General Conference produced book, *Seventh-day Adventists Believe: A Biblical Exposition of Fundamental Doctrines*, as the basis for the student to study. It is my prayer that this unit will make an impact and draw each one to the full experience we were created to have!

This unit presents information that is primarily suitable for students of grades six through eight.



A HAPPY DAY

To some people the Sabbath day is the longest, most uninteresting day of the week; but the One who made it wants it to be “a delight.” The Sabbath can be a delight only if we give up planning for our own selfish pleasure on that day. If the Sabbath means primarily wearing new clothes, eating big meals, seeing friends and visiting with them, going places, thinking and planning our own activities wondering what we are going to do after sundown, then we are not really “keeping” it. Sometimes we have broken the Sabbath so often that it has become like any other day to us, and we never receive a Sabbath blessing. We do not realize how far we have gone from God’s plan for Sabbath keeping.



On the Sabbath we will want to appear neat, clean, and attractive, for that is part of Christian living and of true Sabbathkeeping; but our clothes will not be our chief interest. Our Sabbath meals will be a pleasure to all, but will not be a burden to those preparing them.

Our first desire on Sabbath, will be to meet God, to talk with Him, to read about Him, to hear about Him in Sabbath School and the church service, and to learn about Him in nature. God is our best Friend, and the Sabbath gives us an opportunity to commune with Him in a special way. The Sabbath also gives us an opportunity to tell others of God and to visit those who are sick or in trouble.

God will be pleased with those who keep the Sabbath. In this earth they may suffer persecution, or they may lose their jobs and their friends; but in the world made new they will receive their reward.



To keep the Sabbath properly means more than not doing our own work. It includes controlling our own thoughts and words. It is so easy to think and talk of our own work and plans and pleasures on the Sabbath day because we do it all week. But God asks us in a special way to think about Him and His love and goodness-to worship Him in our thoughts. He promises us help in “bringing into captivity every thought to the obedience of Christ.” (2 Corinthians 10:5)

It is a challenge to us to let Christ help us control our thoughts. We must submit our thoughts to Him and go to Him for help in keeping wrong thoughts out of our minds. Victory in our thinking will be victory both in Sabbathkeeping and in Christian living.

Jesus Himself gave many lessons on Sabbathkeeping. He attended the synagogue and took part in the services. He did much personal work in healing the sick. He spent time visiting with His friends and communing with God in the fields, by the streams, and in the mountains. All during His ministry His purpose was to teach that “it is lawful to do well on the Sabbath days.” (Matthew 12:12). He wanted to free the Sabbath from the many rules which the



Israelites made concerning it. To Him the Sabbath was a delight.

“The Sabbath calls our thoughts to nature, and brings us into communion with the Creator. In the song of the bird, the sighing of the trees, and the music of the sea, we still may hear His voice who talked with Adam and Eve in the cool of the day.”- *The Desire of Ages*, pages 281, 282.

Happy is the family that has learned to spend the Sabbath together, worshiping in church, reading and talking about His word, and walking in some pleasant countryside where evidences of God are on every side. As mother and father



and boys and girls study the truths of God as revealed in nature, their hearts will be drawn toward each other and toward God. Ties will be formed that can never be broken.

Impressions of truth will be made that will never be forgotten. “On this day more than on any other, it is possible for us to live the life of Eden.”- *Education*, page 250. The joys of Sabbath are a foretaste of the joys of Heaven.



God placed the Sabbath at the end of “the six working days” (Ezekiel 46:1) so all may stop to consider what progress they have made toward

the kingdom of Heaven. It is a day to determine whether or not the preceding week was one of spiritual gain or loss. It is a day to learn about God’s will so that during the following week it will be possible for us to live closer to Him.

The Sabbath should close with prayer and praise to God, with requests for His presence and guidance during the coming week.

“As the sun goes down, let the voice of prayer and the hymn of praise mark the close of the sacred hours and invite God’s presence through the cares of the week of labor.”- *Testimonies*, volume 6, page 359.

In this way the Sabbath day becomes a golden link in the chain of days-each day drawing us closer to God.

Courtesy of *The Wonderful Way*, Pacific Press Publishing Association, Mountain View, CA 1957.



Name _____ Date _____

THE PERFECT SABBATH

Describe the perfect Sabbath. Imagine what it must have been like for Adam and Eve and the very first Sabbath, or any of the Sabbath's they enjoyed while living in the Garden of Eden when they conversed with Jesus face to face. Recall some of the most enjoyable Sabbaths you have ever experienced. Think about what Sabbath in Heaven or the New Earth will be like when all the saints and other created beings of the universe will be gathered together to worship God. What will consist of your perfect Sabbath? Organize and write your ideas below.





Name _____ Date _____

BIBLICAL PRINCIPLES

Directions: Match the Scriptural passage on the left with the appropriate principles on the right.

- | | |
|--|---|
| _____ 1. Mark 2:27 | A. Instituted by God |
| _____ 2. Exodus 20:9-11 | B. Memorial of creation |
| _____ 3. Exodus 16:23 and Numbers 11:8 | C. Jesus regularly worshiped and took part in services while on earth |
| _____ 4. Nehemiah 13:15-22 | D. Jesus healed on the Sabbath |
| _____ 5. Mark 2:23 | E. Prepare food on Friday |
| _____ 6. Exodus 20:11 | F. Memorial of deliverance |
| _____ 7. Isaiah 58:12 | G. A type of heavenly rest |
| _____ 8. Matthew 12:12 | H. Lawful to do good |
| _____ 9. Nehemiah 13:19 | I. Avoid all business transactions |
| _____ 10. Genesis 2:3 | J. We are called upon to make it a delight |
| _____ 11. Luke 6:5 | K. Seventh day is the Sabbath |
| _____ 12. Luke 4:16 | L. Spend time outdoors like Jesus did |
| _____ 13. Genesis 1:5, and Mark 1:32 | M. Jesus is Lord over |
| _____ 14. Isaiah 66:22, 23 | N. All work set aside when it begins to get dark, before the Sabbath |
| _____ 15. Hebrews 4:4,9 | O. A sign of loyalty, especially in the end of time |
| _____ 16. Deuteronomy 5:15 | P. Will be kept in Heaven |
| _____ 17. Revelation 14:9,12 | Q. Made for man's good |
| _____ 18. John 5:5-9 | R. Begins at sunset Friday |





FIVE TYPES OF KEEPERS

What is the Sabbath to you? How do you keep it? Arthur W. Spalding, in his book *The Sabbath and the Sabbath Day*, describes five different groups of people. For your benefit, evaluate your own Sabbath experience. Which kind of *keeper* are you?

Sabbath-blest

The Sabbath is a delight to them. They are never weary with its hours, and they never wish them to be gone. They are not idle upon the Sabbath day, though they may be in repose. The Sabbath is to them neither a burden nor an escape from life; it is an opportunity for communion with God and humanity. They are ready at its approach; they welcome its coming with song and prayer and praise. They have plans for study, recreation, conversation, instruction and learning. They are never puzzled to know how to occupy themselves. They rejoice in the teachings of nature, the revelation of God, and they search the written Scriptures for illumination. They are ready to

serve the needs of those about them, and they seek out the needy, the disconsolate, and the sick, and minister to them. No other day in all the week is to them so precious, so

fragrant with love, so filled with the glory of God.

Sabbath-burdened

The Sabbath is merely an obligation and Sabbathkeeping a job of religion. Some of them are terribly bowed down under their

Sabbathkeeping. They say, "Well, you have to keep the Sabbath if you want to be saved. It's a nuisance to be out of business and out of pleasure on the very day when all the rest of the world is getting the most out of life; but you have to do it if you want to go to Heaven."



Sabbath-bound

This group keeps the Sabbath because they are the children of God, and good children are obedient. In the very middle of the Decalogue is the fourth commandment, requiring us to rest on the seventh day. And so they do it.

Sabbath-keeper from habit

This group, many at large in North America, observe the seventh-day because it is a habit taught them in childhood, and one they have had little temptation to break. Their life has been spent among Seventh-day Adventist. They have gone to the church's schools. They are employed in its hospitals, publishing houses, or other businesses. They have their friends in the same church; and just naturally and easily they do what their elders or their employers or their friends do.



**Sabbath deserter**

The last of the five groups of Sabbathkeepers is the natural result of those who have formed from one of the classes of negative Sabbathkeepers. Those of one class find the burden too great to be carried longer. Those of another fall into moods of discouragement and rebellion, and do not care to be obedient any more. Those of the third class drift into situations where the example about them is not of Sabbathkeeping, and they “do as the Romans do.”

Adapted from *Facing Life*, Pacific Press Publishing Association, Mountain View, CA 1958.

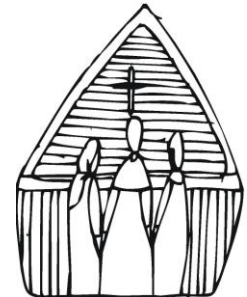


Name _____ Date _____

THE FUNDAMENTAL DOCTRINE

Directions: Read Chapter 19, "The Sabbath," from the book *Seventh-day Adventists Believe: A Biblical Exposition of 27 Fundamental Doctrines*. This book was produced by the Ministerial Association of the General Conference of our Church. It represents a very good understanding of what the Bible teaches and what we as a Church stand for. This book was published by the Review & Herald Association, Hagerstown, MD in 1988 and is widely available. Using the book, answer the following questions. The number in the parentheses refers to the page number in which the answer may be found.

1. The greatest gift God could give to His newly created couple is the privilege of a _____ with Him. (249)
2. The great fact that must never be forgotten, and can never become obsolete, is found in the distinction between the _____. (249)
3. The Sabbath comes to us from a _____. (249)
4. The three distinct divine acts that established the Sabbath were:
 1. God _____ on the Sabbath,
 2. God _____ the Sabbath, and
 3. God _____ the Sabbath. (249, 250)
5. The verb "rested," *shabath*, means literally "to cease" from labor or activity. God's rest was the result of neither exhaustion nor _____, but a _____ from previous occupation." (250)
6. People, places (such as sanctuary, temple, or church), and time (holy days) can be _____. (250)
7. Through the miracle of the _____ God taught the Israelites in concrete terms how important He considered their _____ on the seventh day. (250)
8. How many Sabbaths in a row did God remind the Israelites in the wilderness about the pattern of working six days and resting on the seventh? _____ (250)
9. What word in the fourth commandment did God specifically use to alert us not to forget? _____ (251)





10. According to the fourth commandment, God intended that we observe the Sabbath as His _____ of Creation. It defines the time for rest and _____, directing us to _____ God and His works. (251)
11. Keeping the Sabbath becomes the _____, a sign that we acknowledge His Sovereignty as Creator and King.
12. The Sabbath commandment functions as the _____ of God's law. The seal implies that the official himself approved the legislation and that all the power of his office stands behind it. (251)
13. God made the Sabbath as a reminder, or sign, of His _____ in a world unspotted by sin and rebellion. (252)
14. The Sabbath marks those who have accepted Jesus as _____. (253)



15. So concerned was Christ for the sacredness of the Sabbath that when He spoke about the _____ to take place after His ascension, He counseled His disciples regarding it: "Pray that your flight will not be in winter or on the Sabbath." (253)
16. Just as Christ finished His *first* great act in world history, _____, so he finished His *second* great act by dying on the cross. What did He do while He was in the tomb? _____. The _____ testified to Christ's work of Creation and redemption. (253)
17. The apostle Paul's faithful observance of the _____ Sabbath stood in sharp contrast to his attitude towards the _____ ceremonial Sabbaths. (254)
18. What scriptural text reveals that God intended His people to observe the Sabbath throughout eternity? _____ (254-255)
19. The meaning of the Sabbath is stated in seven ways:
1. It is a perpetual _____ of Creation,
 2. It is a _____ of redemption,
 3. It is a _____ of sanctification,
 4. It is a _____ of loyalty,
 5. It is a _____ of fellowship,
 6. It is a _____ of righteousness by faith, and
 7. It is a _____ of resting in Christ. (255-257)



20. It is on the Sabbath that we can especially experience God's _____.
Without the Sabbath all would be _____ without end. (256)
21. There is no reason in *nature* (such as how the planets move, vegetation grows, rain and sunshine alternate, etc.) as to why humans should keep the seventh-day Sabbath. To the Christian there is only one reason, and no other. That reason is enough. What is that reason?
_____. (257)
22. In keeping the seventh day, believers are not trying to make themselves _____; rather, they observe the Sabbath as the result of their _____, the Creator and Redeemer. (257)
23. The true Sabbathkeeper does not refrain from forbidden action on the Sabbath in order to _____ *but* because _____

_____. (257)
24. Sabbathkeeping reveals that we have ceased depending on our _____ and that we realize that only _____ can save us. (257)
25. According to Hebrews 4:10, all who enter into the rest to which God invites them have ceased from _____ works as _____ did from His... In this way, observing the seventh-day Sabbath is a symbol of the believer's entering into the _____. (258)
26. The first Christians known to worship on Sunday lived in Rome and did so in an attempt to *distinguish* themselves from the strong anti-_____ sentiments, or feelings. (Think about this: Do you think God allows us to do something other than what the Bible teaches because we are being *persecuted*?) (259)
27. In what century were the first Sunday laws issued? _____ (260)
28. Daniel's vision depicts an attack on God's _____ and on His _____. The little horn attempts to "change the _____" (Dan. 7:25). During the _____ tribulation God will intervene on behalf of His people and deliver them (Dan. 12:1-3). (260-261)
29. What chapters in the book of Isaiah does God call upon Israel (us) to restore, repair, and bring back the teaching of the Sabbath?
_____ (262)
30. What scripture passage, in connection with the everlasting gospel, are we to proclaim at the time of the Second Advent? _____ (262)





31. Because the Sabbath is a day of special communion with God, it is important that we _____ its sacred atmosphere. (263)
32. What Bible text guides us to not work for pay or make business deals?

What text guides us to not be involved in secular: interests, conversations, and thoughts; or to be engaged in sports? _____ (263)
33. Christ did more than just worship on the Sabbath and part-take in services. According to the Scriptures, what other three things did He do?

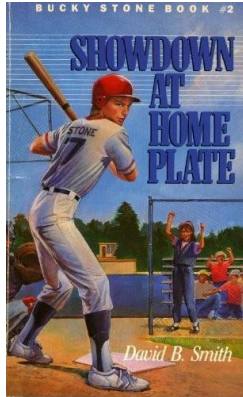
_____(264)
34. Activities that _____ communication with God are proper; those which _____ from that purpose and turn the Sabbath into a holiday (a free-for-all day to do as we please versus a *holy day*) are improper. (264)



LITERATURE

Here is a list of a few books you might enjoy that relate with Sabbath issues. All of these are available at the *Adventist Book Center*.

Smith, David B., *Showdown at Home Plate*, Review & Herald Publishing Association, Washington D.C., 1991, 126 pages, paperback, 4x7, no illustrations.



This is series No. 2 of the “Bucky Stone” series. Bucky tries out for the freshman baseball team in high school. He makes it and goes on the varsity team where there is a possibility of Friday night games. The last game starts late, the star hitter breaks his ankle, and it’s up to Bucky to win the game. When he leaves the game as sundown comes, the coach kicks him off the team. This is a good book to share with those who particularly attend public high school. For students grades 7-10. Other books in the “Bucky Stone” series often deal with Sabbath issues too.

Smith, David B., *Outcast on the Court*, Review & Herald Publishing Association, Washington D.C., 1991, 143 pages, paperback, 4x7, no illustrations.

This is series No. 3 of the “Bucky Stone” series. Bucky decides to go out for basketball in spite of the coach’s antagonistic feelings over Bucky’s not playing baseball because of Friday night. He tries to overcome feelings of hatred toward the coach. His Bible studies with Sam continue to a happy ending.



Earnhart, Crystal, *Trials and Triumph: Miraculous Stories of Sabbath Victories*, Amazing Facts, Inc., Roseville, CA, 1999, 57 pages, paperback, 4x7, no illustrations.

With this book you can discover how God has cared for those who have desired to keep the 4th Commandment. This book includes nine true amazing stories plus tips on how to handle problems relating to employers involving the Sabbath.

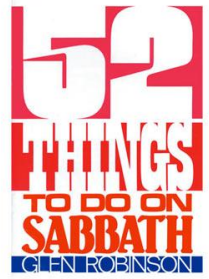
Pinkoski, Jim, *The Truth About the Sabbath*, Amazing Facts, Inc., Roseville, CA, 1988, 56 pages, paperback, 8x11.

Presented as a comic book, this book is full of Biblical facts. It attempts to explain why people go to church on Sunday and what the Bible teaches.



Robinson, Glen, *52 Things to do on Sabbath*, Review & Herald Publishing Association, Washington, D.C., 1983, paperback, 4x7.

This book contains 52 ideas for appropriate Sabbath activities. Some of these include: Bible charades, 3-D Bible story illustrations, blind walks, and tracking animals.



The following is a list of **Ellen G. White Spirit of Prophecy** writings that specifically refer to the Sabbath:

Child Guidance, pp. 527-552, “Sabbath the Day of Delight,” and “Reverence for the Holy.”

Desire of Ages, pp. 281-289, “The Sabbath.”

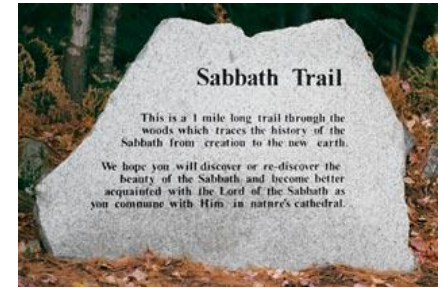
Great Controversy, pp. 451-460, “A Work of Reform.”



Name _____ Date _____

SABBATH DAY TRAIL

In 1994 the local congregation at Washington, NH purchased some land adjoin to their church. With a vision from their pastor, they began plans to build a scenic trail with stone markers that tell the story of the history of the Sabbath. Significantly, this church is also the birth place of the Seventh-day Adventist Church. In 1844, a Seventh-day Baptist visitor, Rachel



Oakes, influenced the Sunday keeping Adventist pastor, Elder Frederick Wheeler, regarding the truths of the Sabbath. The whole congregation soon became *Seventh*-day Adventist, the first congregation in America. The church structure is still in use. The trail was officially completed and dedicated in September 1998. At this time you may not be able to visit the trail in person, but you can visit it by web site! The internet address is <http://www.tagnet.org/washington>. While visiting the site on the Internet, answer the following questions:

1. Click on the *Sabbath Trail* button then click on the *Virtual Walk* button. Read and click on the *next* button to view Site 1 on the trail. Complete: "In a _____ God rested on the Sabbath, blessed it, and made it holy." Click on the *view* button to see the granite marker at Site 1.
2. What text is referred to on the granite marker at Site 1?

3. Click on the "*proceed to marker: next*" button to go to the granite marker Sites 2, 3, 4 etc. According to Site 2, why did God's people violate the Sabbath while in Egypt?

4. Describe what is on the *third* granite marker at site 4.

5. According to site 21 what countries did Sabbathkeepers live in during 500-1500 A.D.?

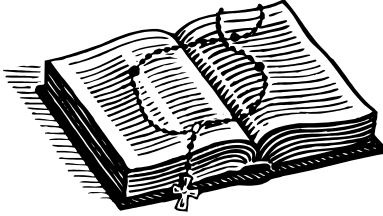
6. What Bible texts are used on the last site (site 31) to indicate there will be Sabbath in Heaven?

7. From the main menu click on photographs then the dedication button. Who is pictured at the ribbon cutting?

8. Click on the construction photographs. Who is pictured on photo #34 or 41?



Bible Study



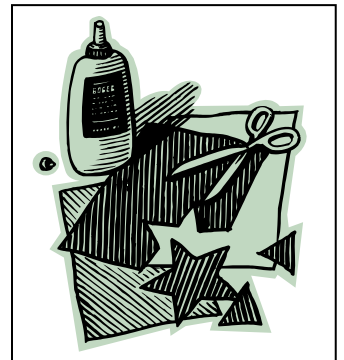
People are so busy now and have so many interesting things to do in their leisure time that they use all seven days of the week for themselves. How would you convince them that the seventh day of the week is holy and should not be used either for work or for their own pleasure? Plan a Bible study in which you show:

- When and by whom the Sabbath was made.
- How the Sabbath was made.
- The importance of the Sabbath. It is one of the commandments and the seal of God.
- How we can keep the Sabbath holy. Both what we should do and not do.
- How long the Sabbath will continue.

Make A Poster

Using some old magazines, cut and paste pictures to make a poster illustrating one of the following:

- Ways to observe the Sabbath properly
- Isaiah 58:13,14
- Exodus 20:8-11



Courtesy of The Wonderful Way, Pacific Press Publishing Association, Mountain View, CA, 1957



Choral Reading

- All:** Remember the Sabbath day, to keep it holy.
- First Voice: Six days shalt thou labor and do all thy work.
- All:** But the seventh day is the Sabbath of the Lord thy God
- Second Voice: In it thou shalt not do any work.
- Third Voice: Thou nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates.
- All:** For in six days the Lord made heaven and earth, the sea, and all that is in them is, and rested the seventh day.
- Fourth Voice: (strong voice) Wherefore the Lord blessed the Sabbath day, and hallowed it. Exodus 20: 8-11 KJV

Memory Verses

“ I will make new heavens and the new earth. And they will last forever,” says the Lord. “ In the same way, your names and your children will always be with me. All people will come to worship me. They will come to worship me every Sabbath and every New Moon,” says the Lord. Isaiah 66:22, 23 NCV



Name _____

Date _____

APPLY & REPLY

Perhaps you have a beautiful family and are blessed with support to keep the Sabbath in your home. Some children do not have this. For this assignment you are to make special plans to make *this* coming Sabbath one that is pleasing to God. Plan in advance several things that will perhaps enhance and make the Sabbath a blessing for those in your family as well. Maybe you will want to surprise your family with a few things (such as fresh flowers at the dining table, a special dessert, a planned worship talk, or an outdoor nature treasure hunt for smaller children). Placing out of sight items that distract family members are willing to participate. Summarize below what you did in advance and your evaluation on how the Sabbath went.





Name _____ Date _____

BIBLICAL PRINCIPLES

Key

Directions: Match the Scriptural passage on the left with the appropriate principles on the right.

- | | |
|--|---|
| ___Q___ 1. Mark 2:27 | A. Instituted by God |
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| ___L___ 5. Mark 2:23 | E. Prepare food on Friday |
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| ___N___ 9. Nehemiah 13:19 | I. Avoid all business transactions |
| ___A___ 10. Genesis 2:3 | J. We are called upon to make it a delight |
| ___M___ 11. Luke 6:5 | K. Seventh day is the Sabbath |
| ___C___ 12. Luke 4:16 | L. Spend time outdoors like Jesus did |
| ___R___ 13. Genesis 1:5, and Mark 1:32 | M. Jesus is Lord over |
| ___P___ 14. Isaiah 66:22, 23 | N. All work set aside when it begins to get dark, before the Sabbath |
| ___G___ 15. Hebrews 4:4,9 | O. A sign of loyalty, especially in the end of time |
| ___F___ 16. Deuteronomy 5:15 | P. Will be kept in Heaven |
| ___O___ 17. Revelation 14:9,12 | Q. Made for man's good |
| ___D___ 18. John 5:5-9 | R. Begins at sunset Friday |





THE FUNDAMENTAL DOCTRINE KEY

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2. The great fact that must never be forgotten, and can never become obsolete, is found in the distinction between the **Creator and His creatures**. (249)
3. The Sabbath comes to us from a **sinless world**. (249)
4. The three distinct divine acts that established the Sabbath were:
 - a. God **rested** on the Sabbath,
 - b. God **blessed** the Sabbath, and
 - c. God **sanctified** the Sabbath. (249,250)
5. The verb “rested,” shabath, means literally “to cease” from labor or activity. God’s rest was the result of neither exhaustion nor **fatigue**, but a **cessation** from previous occupation.” (250)
6. People, places (such as sanctuary, temple, or church), and time (holy days) can be **sanctified**. (250)
7. Through the miracle of the **manna** God taught the Israelites in concrete terms how important He considered their **resting** on the seventh day. (250)
8. How many Sabbaths in a row did God remind the Israelites in the wilderness about the pattern of working six days and resting on the seventh? **2,000** (251)
9. What word in the fourth commandment did God specifically use to alert us not to forget? **Remember** (251)
10. According to the fourth commandment, God intended that we observe the Sabbath as His **memorial** of Creation. It defines the time for rest and **worship**, directing us to **contemplate** God and His works. (251)
11. Keeping the Sabbath becomes the sign of our allegiance to the true **God**, a sign that we acknowledge His Sovereignty as Creator and King.
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13. God made the Sabbath as a reminder, or sign, of His **Power and authority** in a world unspotted by sin and rebellion.(252)
14. The Sabbath marks those who have accepted Jesus as **Creator and Savior**. (253)



15. So concerned was Christ for the sacredness of the Sabbath that when He spoke about the **Persecution** to take place after His ascension, He counseled His disciples regarding it. “Pray that your flight not be in winter or on the Sabbath.” (253)
16. Just as Christ finished His first great act in world history, **Creation**, so He finished His second great act by dying on the cross. What did He do while He was in the tomb? He **rested**. The **Sabbath** testifies to Christ’s work of Creation and redemption. (253)
17. The Apostle Paul’s faithful observance of the weekly__ Sabbath stood in sharp contrast to his attitude towards the **annual** ceremonial Sabbaths.
18. What Scriptural text reveals that God intended that His people to observe the Sabbath throughout eternity? **Isaiah 66:22,23** (253-255)
19. The meaning of the Sabbath is stated in seven ways:
It is a perpetual **memorial** of creation,
 - a. It is a **symbol** of redemption,
 - b. It is a **sign** of sanctification,
 - c. It is a **sign** of loyalty,
 - d. It is a **time** of fellowship,
 - e. It is a **sign** of righteousness by faith, and
 - f. It is a **symbol** of resting in Christ. (255-257)
20. It is on the Sabbath that we can especially experience God’s **presence**.. Without the Sabbath all would be **labor and sweet** without end. (256)
21. There is no reason in nature (such as how the planets move, vegetation grows, rain and sunshine alternate, etc.) as to why humans should keep the seventh-day Sabbath. To the Christian there is only one reason, and no other. That reason is enough. What is that reason? **God has spoken**. (257)
22. In keeping the seventh day, believers are not trying to make themselves **righteous**; rather, they observe the Sabbath as the result of their **relationship with Christ**, the creator and Redeemer. (257)
23. The true Sabbath keeper does not refrain from forbidden action on the Sabbath in order to **win God’s favor** but because **he loves God and wants to make the Sabbath count for the most for closer fellowship with Him**. (257)
24. Sabbath-keeping reveals that we have ceased depending on our **own works** and that we realize that only **Christ the Creator** can save us. (257)
25. According to Hebrews 4:10, all who enter into the rest to which God invites them have ceased from **their** works as **God** did from His... In this way, observing the seventh-day Sabbath is a symbol of the believer’s entering in to the **gospel rest**.. (258)



26. The first Christians known to worship on Sunday lived in Rome and did so in an attempt to distinguish themselves from the strong anti-**Jewish** sentiments, or feelings. (Think about this: Do you think God allows us to do something other than what the Bible teaches because we are being persecuted?) (259)
27. In what century were the first Sunday laws issued? **The fourth century** (260)
28. Daniel's vision depicts and attacks on God's **people** and on His **law**. The little horn attempts to "change the **times and law**" (Dan 7:25). During the **final** tribulation God will intervene on behalf of His people and deliver them (Dan. 12:1-3). (260-261)
29. What chapters in the book of Isaiah does God call upon Israel (us) to restore, repair, and bring back the teaching of the Sabbath? **Chapters 56 and 58**. (262)
30. What scripture passage, in connection with the everlasting gospel, are we to proclaim at the time of the Second Advent? **Revelation 14:6-12** (262)
31. Because the Sabbath is a day of special communion with God, it is important that we **avoid anything that tends to diminish** its sacred atmosphere (263)
32. What Bible text guides us to not work for pay or make business deals? **Nehemiah 13:15-22**. What text guides to not be involved in secular: interests, conversations, and thoughts; or be engaged in sports? **Isaiah 58:13** (263)
33. Christ did more than just worship on the Sabbath and part-take in services. According to the scriptures, what other three things did He do? **1. He fellowshiped with others, 2. He spent time outdoors, and 3. He went about doing holy deeds of mercy-healed the sick and afflicted.** (264)
34. Activities that **enhance** communication with God are proper; those which **distract** from that purpose and turn the Sabbath into a holiday (a free-for-all day to do as we please versus a holy day) are improper. (264)



Sabbath Day Trail

Key

In 1994, the local congregational at Washington, NH purchased some land adjoining to their church. With a vision from their pastor, they began plans to build scenic trail with stone markers that told the story of the history of the Sabbath. Significantly, this church is also the birthplace of the Seventh-Day Adventist Church. In 1844, a Seventh-day Baptist visitor, Rachel Oakes, influenced the Sunday keeping Adventist, Pastor, Elder Frederick Wheeler, regarding the truths of the Sabbath. The whole congregation soon became Seventh-day Adventist, the first congregation in America. The church structure is still in use. The trail was officially completed and dedicated September 1998. At this time you may not be able to visit the trail in person, but you can visit it by web site! The internet address is: <http://www.tagnet.org/washington>. While visiting the site on the Internet, answer the following questions:



1. Click on the *Sabbath Trail* button then click on the *Virtual Walk* button. Read and click on the *next* button to view Site 1 on the trail. Complete: "In a **perfect world** God rested on the Sabbath, blessed it, and made it holy." Click on the view button to see the granite marker at Site 1.
2. What text is referred to on the granite marker at Site 1? **Genesis 1:1, 2:2-3**
3. Click on the "*proceed to marker: next*" button to go to the granite marker sites 2, 3, 4, etc. According to site 2, why did God's people violate the Sabbath while in Egypt? **As slaves their masters forced them.**
4. Describe what is on the third granite marker at Site 4. **The first four commandments**
5. According to site 21 what countries did Sabbath keepers live in during 500-1500 A.D.?
Ethiopia, Ghana, Armenia, France, Italy, Norway, Bohemia, and Russia
6. What Bible texts are used on the last site (site 31) to indicate there will be Sabbath in Heaven?
Hebrews 4:11, 2 Peter 3:13, and Isaiah 66:23
7. From the main menu click on photographs then the dedication button. Who is pictured at the ribbon cutting? **Dan Matthews and Cheryl & Merlin Knowles**
8. Click on the construction photographs. Who is pictured on photo #34 or 41? **McKayla Stahl (daughter of this author) and Pastor Merlin Knowles**