

# WHAT THE BIBLE TEACHES ABOUT THE OBSERVANCE OF THE SABBATH

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## THE CORRECT WAY TO RESPECT THE SABBATH

1. What did God do with the Sabbath?

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2. On what day should preparations be made?

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3. When does the Sabbath begin?

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4. What must we abstain from on the Sabbath?

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5. Where must we attend on Sabbath?

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6. What can be done on Sabbath?

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Genesis 2:1-3

Exodus 16:22, 23

Leviticus 23:32

Exodus 20:10

Luke 4:16

Matthew 12:12

## BLESSINGS FOR THOSE WHO OBEY GOD

7. What is God's promise for those who are faithful?

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8. What protection will God give to those who obey Him?

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Psalms 37:25

Deuteronomy  
11:13-15

## WHAT MUST I DO?

1. Faithfully obey what God commands.
2. Trust fully in Jesus.

James 4:17  
Philippians 4:13

**I decide to be obedient to God and to faithfully keep the  
holy Sabbath, following Jesus' example.**

SIGNATURE

THE FAITH  
OF JESUS

## ► ADDITIONAL STUDY ◀

**The Way to Respect the Sabbath.** God requires that we cease doing regular work (Exodus 20:8- 11; 31:13-18, 34:21). We must not buy nor sell (Nehemiah 10:31; 13:15-20). The most appropriate thing is to attend a religious worship service (Leviticus 26:2; Hebrews 10:2-5; Luke 4:16; Acts 17:2). It is also good to do acts of goodness (Mark 3:4; Matthew 12:12).

**God Helps Those Who Obey Him.** It is necessary to do God's will (Matthew 7:21). We have to obey everything God commands (James 2:10). The reason for obedience is love (John 14:15). When we keep the Sabbath we receive the promised blessings (Deuteronomy 11:26, 27; Isaiah 41:10; Psalm 37:25; Isaiah 58:13, 14).

### **The Restoration of the Sabbath**

Due to the apostasy of the Christian church, the Sabbath was changed for the "Venerable Day of the Sun", in other words Sunday. But the Holy Bible had predicted that the observance of the holy commandment would be restored by a people that would be called "repairers of the breach" (Isaiah 58:12, 13). These people "keep the commandments of God" (Revelation 12:17; Isaiah 66:23).

That is why the Seventh-day Adventist Church respects the day of the Lord. Each Sabbath, in every corner of the world, millions of people gather together to praise and worship God.

### **Sabbath Worship**

The main part of Sabbath celebration is the worship service to God. It takes place in the morning and consists of school for the study of the Holy Bible. Afterwards, comes the worship service, with the main portion being the preaching done by a minister or layperson. The faithful participate actively through song, prayer, Bible reading and offerings. The afternoon is dedicated to rest, reading, meditation, missionary outreach and a meeting for the youth.

#### **What is the Truth?**

Since so many millions of Christians observe Sunday as holy, many ask themselves: "Who is right?" It's very easy to resolve.

We must ask ourselves with absolute sincerity: "What is the truth?" Then when we have discovered it in the Bible, we have to obey it faithfully.

We know that the Bible contains the truth (John 17:17). The Bible establishes the Sabbath as the only day of rest. And God's word endures forever (Isaiah 40:8).

Jesus is the most pure revelation of the truth. His mission was to "bear witness unto the truth" (John 18:37). And Jesus only kept the Sabbath. He taught us that we are to follow his example (John 13:15, 17). "Jesus Christ the same yesterday, and today, and forever" (Hebrews 13:8).

The lay of God is the truth (Psalm 119:142). The law specifies clearly the sacredness of the Sabbath. And the commandments have been established forever (Psalm 119:152).

God is the supreme source of truth; Jesus, the Bible and the law exponents of the truth, and they teach definitely the sacredness of the Sabbath. What shall we do? Hopefully we will say: "I have chosen the way of truth". (Psalm 119:30).

### **Why Do I Keep the Sabbath?**

If someone were to ask us: "Why do you respect the Sabbath?" We could give 6 indisputable reasons.

1. Because I believe that there is one day of the Lord, the Sabbath (Mark 2:27, 28).
2. Because I want to be an upright Christian. That is why I have to follow in Jesus' footsteps (1 Peter 2:21). Jesus zealously respected the Sabbath, and He said that He had not come to change the commandments (Matthew 5:17, 18). Therefore, I must respect it.
3. Because there is no doubt that if Christ, the Virgin Mary and the apostles were on the earth today, they would faithfully keep the Sabbath (Hebrews 13:8).
4. Because I want to be a faithful child of God; He created the Sabbath.
5. Because I believe in the Bible. It tells me explicitly that the Sabbath is holy.
6. Because I want to be with Jesus in heaven. Sabbath will be kept there (Isaiah 66:22, 23).