

KEEPING THE SABBATH ACCORDING TO THE COMMANDMENT.

Introduction: “And that day was the preparation, and the sabbath drew on. And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. And they returned, and prepared spices and ointments; and **rested the sabbath day according to the commandment.**”
(Luke 23:54-56)

1) When does the Sabbath begin?

“...from even unto even, shall ye celebrate **your sabbath.**”(Lev 23:32, Genesis 1:5,8)

That is, from Friday sunset to Saturday sunset.

2) Sabbath, the best day to come together for worship and Bible study.

“But when they departed from Perga, they came to Antioch in Pisidia, and **went into the synagogue on the sabbath day, and sat down.** And **after the reading of the law and the prophets** the rulers of the synagogue sent unto them, saying, Ye men and brethren, if ye have any word of exhortation for the people, say on...And when the Jews were gone out of the synagogue, **the Gentiles besought that these words might be preached to them the next sabbath...**And **the next sabbath day came** almost the whole city **together to hear the word of God.**”
(Acts 13:14,15,42,44. Lev 23:3,Mark 6:2,Luke 4:16,Acts 16:13,17:2,18:4)

3)Friday, the preparation day.

“ And **that day was the preparation,** and the sabbath drew on.”(Luke 23:54)

“While preparation for the Sabbath **is to be made all**

through the week, Friday is to be the special preparation day..”(CCh 262.5)

4) The six working days..

“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:.”(Exodus 20:9-10)

Properties like shops or vehicles for businesses must not be in use during the holy hours. Not even our workers at home or anywhere should work.

5)Cooking to be done on Friday.

“...To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the

morning.”(Exodus 16:23)

“On the sixth day all needful preparation for the Sabbath is to be made..all our cooking should be done on Friday.”(HP 151.2, CCh 263.1)

6) Food for the Sabbath.

“ We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. **Instead of this the food should be more simple, and less should be eaten in order that the mind may be clear and vigorous to comprehend spiritual things. Cooking on the Sabbath should be avoided; but it is not therefore necessary to eat cold food. In cold weather the food prepared the day before should be heated. And let the meals, however simple, be palatable and attractive. Especially in families where there are children, it is well, on the Sabbath, to provide something that will be regarded as a treat, something the family do not have every day.**”

(CCh 226)

7) No business issues on the Sabbath.

“ And it came to pass, that **when the gates of Jerusalem began to be dark before the sabbath**, I commanded **that the gates should be shut**, and charged that **they should not be opened till after the sabbath**: and some of my servants set I at the gates, **that there should no burden be brought in on the sabbath day**. So **the merchants and sellers of all kind of ware lodged without Jerusalem once or twice**. Then I testified against them, and said unto them, Why lodge ye about the wall? if ye do so again, I will lay hands on you. **From that time forth came they no more on the sabbath.** ”

(Nehemiah 13:19-21)

“The fourth commandment is explicit. We are not to do our own work upon the Sabbath. God has given man six days for labor...**All purchases should be made...on Friday.**”(HP 151.2)

“The words and thoughts should be guarded. Those who discuss business matters and lay plans on the Sabbath, are regarded of God as though they engaged in the actual transaction of business. To keep the Sabbath holy, we should not even allow our minds to dwell upon things of a worldly character.”CCh 269.3)

8) Other activities to be done on Friday.

**“Six days shall work be done: but the seventh day is the sabbath of rest...ye shall do no work therein:”
(Lev 23:3)**

“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.”(CCh 263.1)

9) School, work or other secular activities. - Isaiah 58:13.

“Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight.”(CCh 263.1)

“Circumstances will not justify anyone in working upon the Sabbath for the sake of worldly profit. If God excuses one man, He may excuse all.” (4T 251.3)

10) Keeping the Sabbath day holy - Exodus 20:8.

“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)

Any evil act or thought cherished on this day is a violation of the forth commandment. **The Lord, however, wants us to be holy every time and everyday, not just on the Sabbath.**

11) The Sabbath, a delight. Not for pleasure seeking or speaking anyhow.

“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:”(Isaiah 58:13)

“Nothing which will in the sight of Heaven be regarded as a violation of the holy Sabbath should be left unsaid or undone, to be said or done upon the Sabbath. God requires not only that we refrain from physical labor upon the Sabbath, but that the mind be disciplined to dwell upon sacred themes.

The fourth commandment is virtually transgressed by conversing upon worldly things or by engaging in light and trifling conversation. Talking upon anything or everything which may come into the mind is speaking our own words. Every deviation from right brings us into bondage and condemnation.”(CCh 263.4)

God did not intend that the Sabbath be a burden. It should be a blessing, a delight. Some seek pleasure by taking and posting their photos, others by watching movies, sport, e.t.c, still others discuss things not related to holiness; all these should be avoided on the Sabbath.

12) Works of Mercy permitted.

**“..it is lawful to do well on the sabbath days.”
(Matt 12:12)**

“ Divine mercy has directed that the sick and suffering be cared for; the labor required to

make them comfortable is a work of necessity, and no violation of the Sabbath. But all unnecessary work should be avoided. Many carelessly put off until the beginning of the Sabbath little things that should have been done on the day of preparation. This should not be. Any work that is neglected until the commencement of holy time, should remain undone until the Sabbath is past.”(ST May 20, 1886, par. 9)

13) All differences between brethren must be put away.

“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.”(CCh 263.3)

14) Special clothing for the Sabbath.

“Many need instruction as to **how they should appear in the assembly for worship on the Sabbath.** **They are not to enter the presence of God in the common clothing worn during the week.** **All should have a special Sabbath suit, to be worn when attending service in God's house.** While we should not conform to worldly fashions, **we are not to be indifferent in regard to our outward appearance.** We are to be neat and trim, though without adornment. The children of God should be pure within and without.”(CG 531.2)

15) A special day to interact with nature.

“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 20:11)

“ 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.”(CCh 264.6)

16) The duty of ministers.

“Cry aloud, spare not.”(Isaiah 58:1)

“ Ministers of Jesus Christ should stand as reprovers to those who fail to remember the Sabbath day to keep it holy. When in a family or company composed mostly of Sabbathkeepers, if conversation is introduced, calculated to lead to conversation upon worldly things, it should be kindly rebuked.”(5MR 302.3)

This isn't only for ordained ministers, but for all responsible Christians as well.

17) No traveling on the Sabbath, unless

we are just compelled to.(CCh 267,268)

“When starting on a journey we should make every possible effort to plan so as to avoid reaching our destination on the Sabbath.”

“ When compelled to travel on the Sabbath we should try to avoid the company of those who would draw our attention to worldly things.”

“ ... but so far as possible we should secure our tickets and make all necessary arrangements on some other day.”

18) No Partial observance will be accepted.

“God can accept no partial obedience, no lax way of treating His commandments..”(PP 705.3)

“If we desire the blessing promised to the obedient, we must observe the Sabbath more strictly.”(CCh

267.6)

19) Holiness in us before we keep it holy.

“ 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.”(DA 283.3)

20) Blessings upon Sabbath keepers.

“Blessed is the man that...keepeth the sabbath from polluting it, and keepeth his hand from doing any evil.”(Isaiah 56:2)

“All heaven was represented to me as beholding and watching upon the Sabbath those who

acknowledge the claims of the fourth commandment and are observing the Sabbath. Angels were marking their interest in, and high regard for, this divine institution. Those who sanctified the Lord God in their hearts by a strictly devotional frame of mind, and who sought to improve the sacred hours in keeping the Sabbath to the best of their ability, and to honor God by calling the Sabbath a delight—these the angels were specially blessing with light and health, and special strength was given them. Strict compliance with the requirements of Heaven brings temporal as well as spiritual blessings.”
(CCh 271)

21) The seal of the living God upon Sabbath keepers.

“But the seal of the living God is placed upon those who conscientiously keep the Sabbath of the Lord.”(7BC 980.2)

“Blessed are they **that do his commandments**, **that** **they may have right to the tree of life**, and **may enter** **in through the gates into the city.**”(Revelation 22:14)

May the Lord help His people