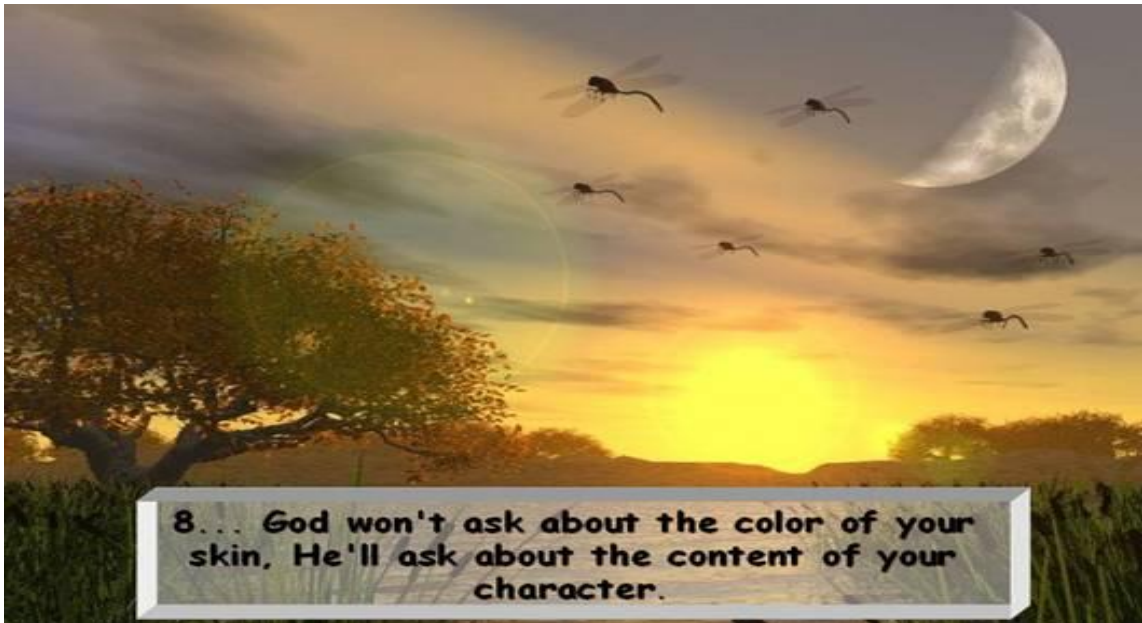


1

# Sabbath Rest is Not a Period of Useless Inactivity



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3

4 **Graham F. Watts, Sr.**

5

6 **VISION:** To hear the midnight cry, "The bridegroom comes, go out to meet  
7 Him" (Matthew 25:6) and become like Him when I see Him as He is (1  
8 John 3:2).

9

10 **MISSION:** Purify myself even as Christ is pure (1 John 3:3) to be glad,  
11 to rejoice, give honor to Christ and be ready for the marriage of the  
12 Lamb (Revelation 19:7).

13

14 **VALUES:** Follow the Lamb wherever He goes (Revelation 14:4), be without  
15 fault before God (Revelation 14:5), be perfect even as my Father in  
16 heaven is perfect (Matthew 5:48), wear the Lamb's fine, clean and  
17 white linen (Revelation 19:8) do righteously (1 John 3:10) and walk  
18 humbly with God (Micah 6:8).

19

20 **OVERALL AIM:** Studies presented here unveil Bible knowledge to  
21 inquiring minds to prompt the following inquiries: "Are our feet on  
22 the rock of ages? Are we one with Christ as He is one with the  
23 Father" (John 10:30 in Evangelism, {Ev} 199.1)? Am I crucified with  
24 Christ (Galatians 2:20)? Am I kept in the love of God (Jude 1:21)?

25

26 **PURPOSE/REASON FOR/WHY**

27  
28 This study examines Sabbath observance.

29  
30  
31 **OBJECTIVES/WHAT WE WANT TO ACCOMPLISH/THESIS**

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33 At the end of this study, readers can determine whether they observe  
34 the Sabbath according to the commandment or by a mixture of the  
35 traditions and cultures of those who have a form of godliness.

36  
37  
38 **SIGNIFICANCE: SO WHAT**

39  
40 The Sabbath of Exodus 20:8 and Mark 2:27 is to be observed on earth  
41 just as it would be observed in the earth made new (Isaiah 66:22-23).  
42 Those who keep the Sabbath must be holy in all their conduct even as  
43 God is holy in character. Then and only then shall the people of God  
44 evidence holiness during the hours of the Sabbath of the Lord, thy  
45 God, which has been sanctified, (Genesis 2:3), and set apart for holy  
46 use (Exodus 20:11). "...The Lord has set apart [them] that [are]  
47 godly for Himself..." (Psalm 4:3). They have been "...made free from  
48 sin, [and] become servants to God, [and] have [their] fruit unto  
49 holiness..." (Romans 6:22) and they "...know how to possess [their]  
50 vessel in sanctification and honor" (1 Thessalonians 4:4); therefore,  
51 Sabbath observance is as natural to them as is respiration.

52  
53 **BACKGROUND CONTEXT**

54  
55 "There [remains]... a rest unto the people of God" (Hebrews 4:9).  
56 Jehovah is the God of this people because they have His law written  
57 in their minds (Hebrews 8:10). And they come from "...every nation;  
58 ...[they]... fear [God]; [they do] what is right..." (Acts 10:35,  
59 NASB); "[they] offer the sacrifices of righteousness and put [their]  
60 trust in the Lord" (Psalm 4:5). This background provided the impetus  
61 for the study question that follows.

62 **STUDY QUESTION**

63

64 What does it mean to keep the Sabbath holy?

65

66 **ANSWER SOURCES**

67

68 **1. Sabbath observance requires abstinence from self-gratifying**

69 **pursuits (Hebrews 4:10).** An example follows of Galilean women who  
70 saw Jesus die on cross. The evening sun had set; and darkness came  
71 upon the earth as Jesus breathes His last breath. The women,  
72 standing afar off, saw Joseph of Arimathaea take Jesus' body from  
73 the cross; wrap it in linen and place in a new sepulcher. These  
74 events occurred on the preparation day as the Sabbath drew on. And  
75 these women from Galilee, cognizant about where Jesus' body was  
76 laid to rest and how it was positioned, "...returned and prepared  
77 spices and ointments; and rested the Sabbath day according to the  
78 commandment" (Luke 23:45-56) highlighted in the Jewish calendar.  
79 "Now, upon the first day of the week-[Sunday]--, very early in the  
80 morning, they came unto the sepulcher, bringing the spices, which  
81 they had prepared and certain others with them" (Luke 24:1). What  
82 should we learn from those who heard Jesus Christ teach that  
83 "...the Sabbath was made for man..." (Mark 2:27)? We can learn  
84 that regarding obedience to God, the end does not justify the  
85 means. "We should in NO case allow burdens and business  
86 transactions to divert our minds upon the Sabbath of the Lord..."  
87 (Testimonies for the Church, Volume 2, {2T}, 583.1). In regards to  
88 explicit commands of Jehovah, "...to obey is better than  
89 sacrifice..." (1 Samuel 15:22) and "...we ought to obey God rather  
90 than men" (Acts 5:29). Judgment has begun at the house of God (1  
91 Peter 4:17); therefore, it is time for people everywhere to  
92 "...obey the voice of the Lord..." (Jeremiah 26:13) "...that it may  
93 be well with [them]..." (Jeremiah 42:6).

94 2. **Sabbath observance "...is not intended to be a period of useless**  
95 **inactivity, [like the barren fig tree]" (The Desire of Ages, {DA},**  
96 **207).** Support for the distressed is appropriate on the Sabbath  
97 (Luke 6:6-10) because "...it is lawful to do well on the Sabbath  
98 days" (Matthew 12:10-12). "...The sick must be cared for; the  
99 wants of the needy must be supplied. [People] will NOT be held  
100 guiltless who neglect to relieve suffering on the Sabbath. God's  
101 holy rest day was made for man, and acts of mercy are in perfect  
102 harmony with its intent. God does not desire His creatures to  
103 suffer an hour's pain that may be relieved upon the Sabbath or any  
104 other day. ...Heaven's work never ceases, and [the people of God]  
105 should never rest from doing good" (DA, 207.1-2).

106  
107  
108 "All heaven is keeping the Sabbath, but not in a... do nothing way  
109 (Testimonies for the Church, Volume 6, {6T}, 362.1). That heaven  
110 works on Sabbath; that Jesus cursed the fruitless fig tree (Matthew  
111 21:19) is a warning for all. The Desire of Ages, page 584,  
112 paragraph one offers this serious critique:

113 Christ's act in cursing the tree which His own power had created  
114 stands as a warning to all churches and to all Christians. **No**  
115 **one can live the law of God without ministering to others.** But  
116 there are many who do not live out Christ's merciful, unselfish  
117 life. **Some who think themselves excellent Christians do not**  
118 **understand what constitutes service to God.** They plan and study  
119 to please themselves. They act only in reference to self; time  
120 is of value to them only as they can gather for themselves. In  
121 all the affairs of life, this is their object; not for others  
122 but for themselves do they minister. God created them to live  
123 in a world where unselfish service must be performed. He  
124 designed them to help their fellow men.... But self is so large  
125 that they cannot see anything else. ...Those who thus live for  
126 self are like the fig tree, which made every pretension but was

127 fruitless. **They observe the forms of worship, but without**  
128 **repentance or faith. In profession they honor the law of God,**  
129 **but obedience is lacking. They say, but do not.**

130 Isaiah summarized those who honor the law of God in profession this  
131 way: "...This people draw near me with their mouth, and with their  
132 lips do honor me, but have removed their heart far from me; and  
133 their fear toward Me is taught by the precept of men" (Isaiah  
134 29:13). Those who live for self on the Sabbath, using this day of  
135 for catch-up--because during the six working days they neglected  
136 intimacy with God and violated physical laws governing their being  
137 --forfeit blessings. "...If brain and nerve and muscle are all  
138 employed in the service of self, you are NOT making God and heaven  
139 the first consideration of your life. ...Eternal considerations  
140 will be made of secondary importance. You may take part in the  
141 outward forms of worship; but your service will be an abomination  
142 to the God of heaven" (Counsels on Stewardship, {CS}, p. 217.2).

143  
144  
145 "The pleasure of doing [well] to others imparts a glow to the  
146 feelings. [This glow] flashes through the nerves, [quickenning] the  
147 circulation of the blood and [inducing] mental and physical health"  
148 (Testimonies for the Church, Volume 4, {4T}, 56.2). Let us always  
149 remember that it "...is the will of God that with well doing...  
150 [we] put to silence the ignorance of foolish [people, even foolish  
151 church people]" (1 Peter 2:15). The concept of foolish church  
152 people might annoy some readers, but observe the following.

153 "...God [had] anointed Jesus of Nazareth with the Holy Ghost and  
154 with power, ...[and He] went about doing good and healing all that  
155 were oppressed of the devil..." (Acts 10:38); yet, this brought Him  
156 into conflict with the Pharisees as He healed the man with the  
157 withered hand on Sabbath (Mark 3:1-5). Extreme traditions crowd  
158 out joyful Sabbath observance. On one hand, some remain indoors  
159 all day as talking-heads. On the other hand, some disperse shortly

160 after noon until next Sabbath. Let us awake and arise from the  
161 traditions of the uniformed and unite with Christ in the principle  
162 of holy deeds, which states: "I must work the works of Him that  
163 sent me, while it is day, [for] the night [of advanced old age,  
164 infirmities and death comes] when no [person] can work" (John 9:4).

165  
166  
167 **3. During a portion of the [Sabbath] day, [weather permitting], all**  
168 **should have an opportunity to be [outdoors] (2T, 583.2).** "And on  
169 the Sabbath we went out of the city by a river side, where prayer  
170 was... made and we sat down and spoke unto the women [that met  
171 there]" (Acts 16:13). "In order to keep the Sabbath holy, it is  
172 not necessary that we enclose ourselves in walls, shut away from  
173 the beautiful scenes of nature and from the free, invigorating air  
174 of heaven. ...The mind cannot be refreshed, enlivened and elevated  
175 by being confined nearly all the Sabbath hours within walls,  
176 listening to long sermons and tedious, formal prayers. The Sabbath  
177 of the Lord is put to a wrong use if thus celebrated. The object  
178 for which it was instituted is not attained" (2T, 583.1). God  
179 intended that as His children "...should look upon the earth  
180 beneath and the heavens above, [that they] might... behold the  
181 tangible proofs of [His] infinite wisdom, [and their minds would]  
182 be filled with love and reverence for [their] Maker" (2T, 582.1).  
183 Not surprisingly, a crucial mandate appears in Luke 12:27--  
184 "Consider the lilies how they grow; they toil not, they spin not;  
185 and yet I say unto you, that Solomon in all his glory was not  
186 arrayed like one of these." What might be a benefit of  
187 contemplation of the works of God in nature? "If... God so clothe  
188 the grass, which is to day in the field, and tomorrow is cast into  
189 the oven; how much more will he clothe you, O ye of little faith"  
190 (Luke 12:28)? We deprive ourselves of the benefits and blessings  
191 that God has reserved for all who spent time in nature on Sabbath  
192 contemplating God's creative power and unceasing care.

193 "Life in the open air is good for body and mind. It is God's  
194 medicine for the restoration of health" (Counsels on Health, {CH},  
195 166.3); a medium by which we perceive His presence and stand in awe  
196 of Him. Absorb this excerpt from Counsels on Health, page 165,  
197 paragraph one.

198 The Sabbath bids us behold in His created works the glory of the  
199 Creator [Psalm 19:1]. And it was because He desired us to do  
200 this that Jesus bound up His precious lessons with the beauty of  
201 natural things [Ecclesiastes 11:1 & 6; Songs of Solomon 2:11-13;  
202 Matthew 7:16-20; 9:36-38 & Luke 8:5]. On the holy rest day,  
203 above all other days, we should study the messages that God has  
204 written for us in nature. We should study the Savior's parables  
205 where He spoke them, in the fields and groves, under the open  
206 sky, among the grass and flowers. **As we come close to the heart  
207 of nature, Christ makes His presence real to us and speaks to  
208 our hearts of His peace and love.**

209 "The Sabbath brings us into communion with the Creator. In the  
210 song of the birds... and the music of the sea, we still may hear  
211 His voice who talked with Adam in Eden. And as we behold His power  
212 in nature, we find comfort, for the Word that created all things is  
213 that which speaks life to the soul" (From Heaven With Love, {HLv},  
214 185.4). "God designs that the Sabbath shall direct the minds of  
215 [people] to the contemplation of His created works; [where] nature  
216 speaks to their senses, declaring that there is a living God, the  
217 Creator, the Supreme Ruler of all" (Patriarchs and Prophets, {PP},  
218 48.3).

219  
220  
221 **4. Sabbath is a time for invigorating singing, both listening to and**  
222 **participating in the expressions of thanks and praise to Jehovah.**  
223 Even as Heman and Asaph "...ministered with music before the  
224 tabernacle--the tent of meeting--..." (1 Chronicles 6:31-46), so  
225 today, there should be dedicated singers, whether in person or pre-

226 recorded, who lift their voices in praise and thanks to Almighty  
227 God. "Singing, as a part of religious service, is as much an act  
228 of worship as is prayer. The heart must feel the spirit of the  
229 song to give it right expression" (Exodus 15:1 in Christian  
230 Education, {CE}, 63). No lethargic expression must characterize  
231 the music intended to praise God. In this regard, David sets an  
232 example, worthy of emulation. While he and his entourage  
233 unintentionally carried the ark of God on a cart instead of on  
234 staves as God had commanded (Exodus 25:10-16), setting aside that  
235 omission, "David and all Israel were **celebrating before God with**  
236 **all their might**, singing songs and playing all kinds of musical  
237 instruments--lyres, harps, tambourines, cymbals and trumpets" (1  
238 Chronicles 13:8, NLT). Similarly, the Levities and priests who  
239 celebrated the feast of unleavened bread with Hezekiah, who prayed  
240 for God's forgiveness upon the multitude who had "...not cleansed  
241 themselves according to the purification of the sanctuary,"  
242 **"...praised the Lord day by day, singing with loud instruments unto**  
243 **the Lord"** (2 Chronicles 30:10-21). Today, some will malign these  
244 exuberant, praise expressions by calling them radical, a judgment  
245 informed by adoption of a conservative orientation to religious  
246 music. While respect for all cultures is appropriate, in matters  
247 of praise to God, instead of a dominant cultures infusing religious  
248 expressions with its ideals, let Biblical principles infuse our  
249 idiosyncratic cultures and worldviews so that we "Make a joyful  
250 noise unto the Lord; [for God mandates that] all the earth make a  
251 loud noise, and rejoice, and sing [His] praise" (Psalm 98:4).

252  
253  
254 **5. Sabbath is a delight when it is freed from the hindrances imposed**  
255 **by religious zealots.** As it was in ancient times, there are those  
256 who, with good intentions, put burdens on the day of rest, which  
257 make it difficult to enjoy the Sabbath. For example, the Pharisees  
258 saw Jesus' disciples pluck ears of corn and ate on the Sabbath and

259 they immediately challenged the legality of the action without  
260 regard to the disciples' hunger (Matthew 12:1-2). They saw a man  
261 who formerly camped by the pool near the sheep market at Jerusalem  
262 for 38 years carrying his bed on the Sabbath and immediately  
263 challenged the legality of the action without regard to the healing  
264 that he was experiencing or the command Jesus gave the man to take  
265 up his bed and walk (John 5:1-11). You get the picture! These  
266 people are legalists; they are more interested in formalities than  
267 they are concerned about the well-being of people! To them,  
268 appearances matter. Beware of this group for they are as  
269 thoughtless as they are hypocritical.

270  
271  
272 Christ identified the hypocrisy of zealots in a verbal exchange  
273 recorded in Matthew 12:10-14. They will free a suffering animal  
274 from distress that is part of commercial livestock on the seventh-  
275 day Sabbath; but will not relieve the suffering of a human being.  
276 Jesus aptly described this group as a "...generation of vipers;  
277 [and appropriately asked them this rhetorical question]: 'How can  
278 you, being evil, speak good things...'" (Matthew 12:34)? Religious  
279 bigotry--intolerance, bias and narrow-mindedness--masking itself as  
280 godliness, often forgets that "The kingdom of God is not in word,  
281 but in power" (1 Corinthians 4:20). But herein lies the problem  
282 for religious zealots; they have a form of godliness that lacks  
283 power (2 Timothy 3:5) because their lives are void of the anointing  
284 of the Holy Spirit (Acts 1:8 & 10:38).

285  
286  
287 Don't follow the counsels of zealots. "God does not want any one  
288 person to be conscience for another" (Child Guidance, {CG}, 429.2);  
289 "you must have a conscience of your own" (CG, 429.4). "In matters  
290 of conscience the soul must be left untrammelled: [unrestricted,  
291 i.e., free to weigh options and consider alternatives]. No one is

292 to control another's mind, to judge for another, or to prescribe  
293 his [or] her duty. God gives to every soul freedom to think, and  
294 to follow his [or her] own convictions. ...No one has a right to  
295 merge his [or her] own individuality in that of another. In all  
296 matters where principle is involved, 'let every [person] be fully  
297 persuaded in his [or her] own mind'" (Romans 14:5 in The Desire of  
298 Ages, {DA}, 550.6). The challenge that we all face, including the  
299 zealots is this: "There is a time to speak, and a time to keep  
300 silent; ... [a time to] encourage and bless, rather than condemn  
301 and reprove" (Counsels on Diet and Foods, {CD}, 463). In regards  
302 to Sabbath observance, let us exhibit noble, exemplary behaviors  
303 that are worthy of emulation. Offer encouragements and blessings  
304 so that "the Sabbath... [becomes] so interesting... that its weekly  
305 return... [is] hailed with joy" (2T, 585). Remove burdens, harsh  
306 reproofs and all things that prevent joyful Sabbath observance.

307  
308 SUMMARY OF KEY POINTS: This study examined Sabbath observance. The  
309 question that focused this study asked: What does it mean to keep the  
310 Sabbath holy? In the discovery phase of the study, five points  
311 emerged: 1) Sabbath observance requires abstinence from self-  
312 gratifying pursuits. 2) Sabbath observance is not intended to be a  
313 period of useless inactivity. 3) During a portion of the Sabbath  
314 day, weather permitting, all should have an opportunity to be  
315 outdoors. 4) Sabbath is a time for invigorating singing, both  
316 listening to and participating in the expressions of thanks and  
317 praise to Jehovah. 5) And Sabbath is a delight when it is freed from  
318 the hindrances imposed by religious zealots. Although we have only  
319 scratched the surface of the topic, given what we have discussed, a  
320 rhetorical question follows: Have I ever truly kept the Sabbath holy?  
321 Ponder this question and be persuaded in your own mind (Romans 14:5).  
322 However, because it is of little redeeming value to engage in Bible  
323 study merely for information, subsequent paragraphs follow that make  
324 a practical application of the truths set forth here.

325

326 **DISCUSSION: WHAT DO THESE THINGS MEAN?**

327

328 "In establishing new churches, *ministers* should give careful  
329 instructions... [on] proper observance of the Sabbath" (6T, 353.1).

330 "Far more sacredness is attached to the Sabbath than is given by many  
331 professed Sabbath keepers. The Lord has been greatly dishonored by  
332 those who have not kept the Sabbath according to the commandment,  
333 either in the letter or in the spirit [and] He calls for a  
334 reformation in the observance of the Sabbath" (6T, 353.2). "The law  
335 forbids secular labor on the rest day; the toil that gains a  
336 livelihood must cease; no labor for worldly pleasure or profit is  
337 lawful upon... [the Sabbath]; but *as God ceased His labor of*  
338 *creating, and rested upon the Sabbath and blessed it, so [people*  
339 *must] leave the occupations of... daily life, and devote those sacred*  
340 *hours to healthful rest, to worship and to holy deeds"* (DA 207.2).

341

342

343 God's day of rest serves as an identifying mark for all "...who  
344 follow the Lamb..." (Revelation 14:4). "As the Sabbath was the sign  
345 that distinguished Israel when they came out of Egypt to enter the  
346 earthly Canaan, so it is the sign that now distinguishes God's people  
347 as they come out from the world to enter the heavenly rest [Isaiah  
348 65:17; 2 Peter 3:13; Revelation 21:1 & Isaiah 66:22-23. Not only is]  
349 the Sabbath... a sign of the relationship existing between God and  
350 His people, [who belong to Him by creation and redemption; it  
351 symbolizes that His obedient children] ...honor His law (Ezekiel  
352 20:19-20). ["...They... bear God's sign by observing the Sabbath of  
353 creation [and] they... know for themselves that obedience to God's  
354 commandments means eternal life" (Letters to Physicians and  
355 Ministers, {SpTB01}, 3.4)]. It distinguishes between [Christ's]  
356 loyal subjects and transgressors" (6T 349.3).

357  
358 "The entrance of [God's] words gives light... [and] understanding to  
359 the simple" (Psalm 119:130, NKJV). "[And] good understanding gives  
360 favor..." (Proverbs 13:15). It is time that we open our minds to  
361 "...The blessing of God, [which] has been shut out by our failure to  
362 honor Him in keeping the Sabbath according to the commandment"  
363 (Manuscript Releases, {13MR}, 293.3). "Our people should not be made  
364 to think that they need to listen to a sermon every Sabbath; [for]  
365 many, who listen frequently to sermons, even though the truth [is]  
366 presented in clear lines, learn but little. **Often it would be more**  
367 **profitable if the Sabbath meetings were of the nature of a Bible**  
368 **class study.** Bible truth should be presented in such a simple,  
369 interesting manner that all can easily understand and grasp the  
370 **principles of salvation**" (Evangelism, {Ev}, 348.1).

371

372

### 373 **CONCLUSIONS: WHERE DO WE GO FROM HERE?**

374  
375 Humans are invited to cease from their labors and rest as God did  
376 from His work of creation. "...The toil that gains a livelihood must  
377 cease. No labor for worldly pleasure or profit is lawful upon [the  
378 Sabbath]. ...As God ceased His labor of creating and rested upon the  
379 Sabbath and blessed it, so man is to leave the occupations of his  
380 daily life, and devote those sacred hours to healthful rest, to  
381 worship and to holy deeds" (DA, p.207). And regarding holy deeds,  
382 when "...sin is taken away and... the vacuum is filled with the  
383 Spirit; ...[when]... the mind is divinely illumined, ...[and]... the  
384 heart is emptied of self and filled with the presence of Christ;  
385 ...the church will be a living, working church" (Our High Calling,  
386 {OHC}, 154.5); "...not... repairing... garments, ...cooking... food,  
387 ...pleasure seeking or... any other worldly employment" (CG, 528.2);  
388 but in healing upon the Sabbath just as Christ did (John 14:12).

Devote Sabbath hours to healthful rest, worship and holy deeds!

389 Important personal activities precede Sabbath observance and worship.  
390 "On Friday, let all... [physical and logistical] preparation for the  
391 Sabbath be completed" (6T, 355.3). Additionally, let all social and  
392 relational preparation be completed; that is, "...all differences  
393 between brethren, whether in the family or in the church, should be  
394 put away" (6T, 356.2). "[And] before... Sabbath beings, [withdraw]  
395 the mind... [and] the body... from worldly business... [and] reckon  
396 with [your] soul to see whether the week that has ended has brought  
397 spiritual gain or loss" (6T, 356.3). "...Jealously guard the edges  
398 of the Sabbath" (6T, 356.1). Thus prepared, we are ready for the  
399 sacred assembly, to participate in giving thanks and praise; and  
400 offering up strong prayers to the Lord, our God.

401

402

403 On Sabbath morning, "...carry... a quickened, spiritual consciousness  
404 that God and His angels are [at the place of worship], cooperating  
405 with all true worshippers. '[...Do] not... enter the presence of God  
406 in the common clothing worn during the week' (6T, 355.2). And moving  
407 beyond externals, as you enter the place of worship, ask the Lord to  
408 remove all evil from your heart. ['As you enter the house of God,  
409 keep your ears open and your mouth shut for it is evil to make  
410 mindless offerings' (Ecclesiastes 5:1, NLT). '...The Lord is in His  
411 holy temple; let all the earth keep silence before Him' (Habakkuk  
412 2:20). 'Watch your tongue and keep your mouth shut, and you will  
413 stay out of trouble' (Proverbs 21:23, NLT). 'Too much talk leads to  
414 sin. Be sensible and keep your mouth shut' (Proverbs 10:19, NLT)].

415 **Bring to His house only that which He can bless.** Kneel before God in  
416 His temple, and consecrate to Him His own, which He has purchased  
417 with the blood of Christ. [Pray the publicans prayer--'God be  
418 merciful to me a sinner' (Luke 18:13)]. **...God will bless all who  
419 thus prepare themselves for His service [and] they will understand  
420 what it means to have the assurance of the Spirit because they have  
421 received Christ by faith"** (6T, 362-363).

423 **CALL TO ACTION: WHAT SHALL WE DO?**

424

425 "...Remember the Sabbath day to keep it holy" (Exodus 20:8) for  
 426 "...as He [who has] called you is holy, so be... holy in all...  
 427 manner of conversation" (1 Peter 1:15) "...and godliness" (2 Peter  
 428 3:11). Practice holiness during the six days of the week and you  
 429 will not be phony on Sabbath. "Of the church of Christ it is  
 430 written, 'This is the name wherewith she shall be called: The Lord  
 431 our Righteousness.' This name is put upon every follower of Christ;  
 432 it is the heritage of the child of God [Isaiah 54:17]. The family is  
 433 called after the Father" (Revelation 14:1 & Jeremiah 33:16 in  
 434 Thoughts from the Mount of Blessings, {MB}, 106.3). "...God... sent  
 435 His Son to be the propitiation, [that is substitute], for our sins"  
 436 (1 John 4:10; 1 John 2:2 & Romans 3:25). And through the obedience  
 437 and sacrifice of Jesus Christ we have "...received abundance of grace  
 438 and of the gift of righteousness..." (Romans 5:17). "...[And] the  
 439 righteousness of God, which is by faith of Jesus Christ, [is] unto  
 440 all and upon all them that believe..." (Romans 3:22) because "...by  
 441 the obedience of one... many [were] made righteous" (Romans 5:19).  
 442 So "...we also rejoice in God through our Lord Jesus Christ, through  
 443 whom we have now received the reconciliation" (Romans 5:11, NKJV),  
 444 which the old King James version calls atonement. Now absorb these  
 445 precious promises concerning your salvation.

446

447

448 Bring obedience, hope and joy into your Sabbath experience. "Before  
 449 the setting of the sun, let the members of the family assemble to  
 450 read God's word, to sing and to pray" (Child Guidance, {CG}, 529.1).  
 451 "All who love God should do what they can to make the Sabbath a  
 452 delight; holy and honorable...; make it the most interesting day of  
 453 the week" (2T, 584). In God's covenant with you, He gives this  
 454 assurance: "If you turn away your foot from the Sabbath, from doing  
 455 your pleasure on My holy day; and call the Sabbath a delight, the

Devote Sabbath hours to healthful rest, worship and holy deeds!

456 holy day of the Lord, honorable; and shall honor Him, not doing your  
457 own ways, nor finding your own pleasure, nor speaking your own words;  
458 then you shall delight yourself in the Lord; and I will cause you to  
459 ride upon the high hills of the earth and feed you with the heritage  
460 of Jacob your father... (Isaiah 58:12-14, NKJV). Seeing that God  
461 promises to feed us, and He has a table prepared (Psalm 23:5), then  
462 let us, by faith and in reverence before Him, begin to sit at His  
463 table (1 Corinthians 10:21) for the day of the Lord (Zechariah 14:1 &  
464 2 Peter 3:10) is not far away when "...many shall come from the east  
465 and west and... sit down with Abraham, and Isaac and Jacob in the  
466 kingdom of heaven" (Matthew 18:11).

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469 Celebrate the end of the Sabbath just as you welcomed its beginning.  
470 "[And] as the sun goes down, let the voice of prayer and the hymn of  
471 praise mark the close of the sacred hours and invite God's presence  
472 through the cares of the [upcoming] week of labor" (CG 536.3). "God  
473 has acknowledged [us] before men and angels as His [children]  
474 [Revelation 3:5]; ...God sends [us] into the world as His  
475 representatives [{2 Corinthians 5:20}; therefore we must] pray that  
476 [we] do no dishonor to the worthy name by which [we] are called"  
477 (James 2:7 in MB 107.1). When we have the experiences described  
478 here, our hearts will yearn for the weekly return of the Sabbath of  
479 rest because "It means eternal salvation to keep the Sabbath holy  
480 unto the Lord [and cash in the token of God's promise]: 'Them that  
481 honor Me I will honor'" (1 Samuel 2:30 in 6T, 356.4).