

The Seventh Day

To Be Kept as a Memorial

Genesis 2:2-3 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. (3) And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

A Memorial of Deliverance from Sin

Deuteronomy 5:15 And remember that thou wast a servant in the land of Egypt, and that the LORD thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the sabbath day.

An Acknowledgement of God's Authority and our Pledge of Fidelity

Exodus 20:11 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 31:12-17 And the LORD spake unto Moses, saying, (13) Speak thou also unto the children of Israel, saying, 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... (16) Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant. (17) It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.

Romans 6:16-18 Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness? (17) But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. (18) Being then made free from sin, ye became the servants of righteousness.

It is a Expression of Love

John 14:15 If ye love me, keep my commandments.

John 14:23-24 Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him. (24) He that loveth me not keepeth not my

sayings: and the word which ye hear is not mine, but the Father's which sent me.

Practicing for Heaven

Isaiah 66:22-23 For as the **new heavens and the new earth**, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. (23) And it shall come to pass, *that* from one new moon to another, and from **one sabbath to another**, shall all flesh come to worship before me, saith the LORD.

How to Keep the Sabbath Holy

Remember

Exodus 20:8 Remember the sabbath day, to keep it holy.

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. {CG 528.2}**

In many families [on Sabbath] boots and shoes are blacked and brushed, and stitches are taken, all because these little odds and ends **were not done on Friday. They did not "remember the Sabbath day to keep it holy." . . . {CG 528.3}**

On Friday the clothing of the children is to be looked after. During the week they should be all laid out by their own hands under the direction of the mother, so that they can dress quietly, without any confusion or rushing about and hasty speeches. {CG 528.4}

Preparation Of Food

Exodus 16:23 And he said unto them, This *is that* which the LORD hath said, 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.

While **cooking upon 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. {TSDF 166.5}

Family Worship

Before the setting of the sun, let the members of the family assemble to read God's Word, to sing and pray. There is need of reform here, for many have been remiss. We need to confess to God and to one another. We should begin anew to make special arrangements that **every member of the family may be prepared to honor the day which God has blessed and sanctified. {CG 529.1}**

Exodus 29:38-39 Now this *is that* which thou shalt offer upon the altar; two lambs of the first year day by day continually. (39) The one lamb thou shalt offer in the morning; and the other lamb thou shalt offer at even:

1 Peter 2:5 Ye also, as lively stones, are built up a spiritual house, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ.

With A Pure Heart

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.** {CG 528.5}

Ephesians 4:31-32 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: (32) And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

James 5:9 Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door.

No Buying and Selling

Nehemiah 13:15-21 In those days saw I in Judah *some* treading wine presses on the sabbath, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all *manner of* burdens, which they brought into Jerusalem on the sabbath day: and I testified *against them* in the day wherein they sold victuals. (16) There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and sold on the sabbath unto the children of Judah, and in Jerusalem. (17) Then I contended with the nobles of Judah, and said unto them, What evil thing *is* this that ye do, and profane the sabbath day? (18) Did not your fathers thus, and did not our God bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by profaning the sabbath. (19) 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.** (20) So the merchants and sellers of all kind of ware lodged without Jerusalem once or twice. (21) 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.

Not to be Treated as a Common Day

Isaiah 58:12-14 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. (13) 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:** (14) 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*.

[Is This a Old Testament Law](#)

[Luke 4:16](#) And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.

[Luke 23:50-56](#) And, behold, *there was* a man named Joseph, a counsellor; and he was a good man, and a just: (51) (The same had not consented to the counsel and deed of them;) *he was* of Arimathaea, a city of the Jews: who also himself waited for the kingdom of God. (52) This *man* went unto Pilate, and begged the body of Jesus. (53) And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. (54) And that day was the preparation, and the sabbath drew on. (55) And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. (56) And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment.

[Matthew 24:20](#) But pray ye that your flight be not in the winter, neither on the sabbath day:

[Hebrews 4:1-10](#) Let us therefore fear, lest, a promise being left *us* of entering into his rest, any of you should seem to come short of it. (2) For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard *it*. (3) For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. (4) For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works. (5) And in this *place* again, If they shall enter into my rest. (6) Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: (7) Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts. (8) For if Jesus had given them rest, then would he not afterward have spoken of another day. (9) There remaineth therefore a rest to the people of God. (10) For he that is entered into his rest, he also hath ceased from his own works, as God *did* from his.

[The Seventh Day Sabbath is the Seal](#)

[Revelation 7:1-3](#) And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind

should not blow on the earth, nor on the sea, nor on any tree. (2) And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, (3) Saying, Hurt not the earth, neither the sea, nor the trees, till **we have sealed the servants of our God in their foreheads.**

Isaiah 8:16 Bind up the testimony, **seal the law** among my disciples.

Revelation 14:1 And I looked, and, lo, a Lamb stood on the mount Sion, and with him an hundred forty *and* four thousand, having **his Father's name written in their foreheads.**

SABBATH

Rom 8:15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, **Abba, Father.**

Gal 4:6 And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, **Abba, Father.**

Mar 14:36 And he said, **Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt.**

The Sabbath is the great test question. It is the line of demarkation between the loyal and true and the disloyal and transgressor. This Sabbath God has enjoined, and those who claim to be commandment keepers, who believe that they are now under the proclamation of the third angel's message, will see the important part the Sabbath of the fourth commandment holds in that message. **It is the seal of the living God.** They will not lessen the claims of the Sabbath ...--Manuscript 34, 1897. {3SM 423.2}