



BIBLE ADVENTISM

— TRUTH. HOPE. ETERNITY. —

HOW TO KEEP THE SABBATH HOLY



A Practical Bible Study
& Sabbath Action Guide

WORKBOOK

REST ✦ WORSHIP ✦ DELIGHT ✦ SERVE

HOW TO KEEP THE SABBATH HOLY

— WORKBOOK —



CHRIS
MANGAR



COMPILED & PREPARED BY

CHRIS MANGAR



HOW TO KEEP THE SABBATH HOLY

A Practical Bible Study & Sabbath Action Guide

REST • WORSHIP • DELIGHT • SERVE

PURPOSE

A household field guide designed to move Sabbath truth from belief into practice - through Scripture, inspired counsel, spiritual examination, practical planning, and weekly action.

Compiled & Prepared by Chris Mangar
Bible Adventism

Publication & Use

SCRIPTURE

Unless otherwise indicated, Scripture quotations are from the King James Version (KJV). Scripture establishes the doctrine and remains the controlling authority for every principle in this workbook.

INSPIRED COUNSEL

Ellen G. White quotations and references are included as complementary counsel. They reinforce practical application; they do not replace the biblical foundation.

This workbook is designed for personal study, family worship, small groups, Bible workers, and church-based Sabbath education. Practical applications should be used thoughtfully and prayerfully, with biblical principles kept central.

Contents

Before You Begin - From Knowing the Sabbath to Experiencing the Sabbath

My Sabbath Experience Assessment

1. Remember the Sabbath - Understanding Holy Time
2. When Does the Sabbath Begin? - From Evening to Evening
3. The Preparation Day - Preparing the House and the Heart
4. Preparing Sabbath Meals - Simplicity Without Dreariness
5. Welcoming the Sabbath - Creating an Intentional Transition
6. Guarding the Sacred Hours - Actions, Words, and Thoughts
7. Call the Sabbath a Delight - More Than a List of Don'ts
8. Sabbath in the Home - Families, Couples, Singles, and Mixed Households
9. Sabbath and Children - Helping Them See the Character of God
10. Works of Mercy & Ministry - Doing Good on the Sabbath
11. Travel, Work & Difficult Decisions - Applying Principle With Wisdom
12. The Heart of Sabbath Keeping - Rules Cannot Replace Relationship

The 7-Day Sabbath Reset

My Sabbath Debrief

My Personal Sabbath Action Plan

Final Sabbath Experience Assessment

Sources & Attribution

WORKBOOK SECTION

BEFORE YOU BEGIN

From Knowing the Sabbath to Experiencing the Sabbath

BIBLE TRUTH

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

Many sincere Christians have studied the question, "Which day is the Sabbath?" That is important. But once the seventh-day Sabbath is recognized in Scripture, another question follows: How do I actually keep the Sabbath holy?

God made the Sabbath holy. Our responsibility is to recognize its sacredness and order our lives accordingly. This workbook is designed to move Sabbath truth from belief into practice.

BIBLE TRUTH

"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... Then shalt thou delight thyself in the LORD..." - Isaiah 58:13-14, KJV

The Direction of This Workbook

Honor the Sabbath → Call it a delight → Delight yourself in the LORD.

How to Use This Workbook

- 1. WHAT DOES THE BIBLE SAY?** Scripture establishes the foundation.
- 2. BIBLICAL PRINCIPLE** We identify the principle behind the passage.
- 3. INSPIRED COUNSEL** Relevant Ellen G. White counsel complements the biblical principle.
- 4. HEART CHECK** We examine ourselves before evaluating others.
- 5. PUT IT INTO PRACTICE** The principle becomes an action.
- 6. MY DECISION** The reader makes a specific commitment.
- 7. THIS WEEK'S CHALLENGE** The chapter ends with something measurable to practice.

WORKBOOK SECTION

MY SABBATH EXPERIENCE ASSESSMENT

Establish Your Starting Point

Answer according to what your Sabbath experience actually looks like now - not what you think it should look like. Use: 1 = Rarely, 2 = Sometimes, 3 = Usually, 4 = Consistently.

Preparation

I complete most ordinary work before Sabbath begins.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My Sabbath meals are largely prepared beforehand.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I normally enter Sabbath without rushing to finish ordinary business.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Spiritual Focus

I intentionally spend meaningful Sabbath time with God.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My Sabbath conversation generally reflects the sacredness of the day.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I intentionally put ordinary work, business, and secular concerns aside.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Worship & Family

Worship is a central part of my Sabbath.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My household has meaningful Sabbath traditions.

☐ 1 ☐ 2 ☐ 3 ☐ 4

If children are in my home, I help make Sabbath spiritually meaningful and enjoyable.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ N/A

Delight & Service

I genuinely look forward to Sabbath.

☐ 1 ☐ 2 ☐ 3 ☐ 4

HOW TO KEEP THE SABBATH HOLY

I experience Sabbath primarily as a delight rather than a restriction.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I use Sabbath opportunities to encourage, minister to, or bless others.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My Starting Point

The strongest part of my Sabbath experience is:

The area needing the most improvement is:

The greatest distraction during my Sabbath is:

One thing I want God to change in my Sabbath experience is:

By the end of this workbook, I want my Sabbath to...

CHAPTER 1

REMEMBER THE SABBATH

Understanding Holy Time

KEY QUESTION

What makes the Sabbath different from every other day?

BIBLE TRUTH

“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. And God blessed the seventh day, and sanctified it...” - Genesis 2:2-3, KJV

“Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God...” - Exodus 20:9-10, KJV

Biblical Principle

The Sabbath belongs to God. A better starting question than “What am I allowed to do?” is: “How should I treat time that God has declared holy?”

INSPIRED COUNSEL

“When the Sabbath begins, we should place a guard upon ourselves, upon our acts and our words, lest we rob God by appropriating to our own use that time which is strictly the Lord’s.” - Ellen G. White, *Gospel Workers* (1892), p. 207.1

Heart Check

- ☐ I stop ordinary employment.
- ☐ I stop conducting business.
- ☐ My entertainment changes.

HOW TO KEEP THE SABBATH HOLY

- ☐ My conversations change.
- ☐ My social-media use changes.
- ☐ My reading/viewing changes.
- ☐ My family activities change.
- ☐ My thoughts become more intentionally focused upon God.
- ☐ I spend more time in Scripture and prayer.
- ☐ I look for opportunities to bless others.
- ☐ Very little changes except that I attend church.

What ordinary concern most often follows me into Sabbath?

Why is it difficult for me to put this aside?

The Sabbath Exchange

PUT ASIDE	MAKE ROOM FOR
Ordinary work	Rest in God
Business	Worship
Shopping	Fellowship
Secular entertainment	Spiritual enrichment
Projects	Family
Constant notifications	Quiet
Ordinary conversation	Spiritual conversation
Self-centered pursuits	Service
Weekly anxiety	Trust

My Decision

Three things I will intentionally put aside:

Three things I will intentionally make room for:

Because the Sabbath belongs to God, this week I will...

CHAPTER SUMMARY

TRUTH - God sanctified the seventh day.

HEART - I recognize that Sabbath belongs to Him.

ACTION - I distinguish sacred time from ordinary time.

GOAL - I learn to delight in the LORD during His Sabbath.

CHAPTER 2

WHEN DOES THE SABBATH BEGIN?

From Evening to Evening

KEY QUESTION

When do God's sacred hours begin and end?

BIBLE TRUTH

"And the evening and the morning were the first day." - Genesis 1:5, KJV
 "...from even unto even, shall ye celebrate your sabbath." - Leviticus 23:32, KJV
 "And at even, when the sun did set..." - Mark 1:32, KJV
 "And that day was the preparation, and the sabbath drew on." - Luke 23:54, KJV

Biblical Principle

The Bible consistently presents sacred-day observance in an evening-to-evening pattern. Genesis establishes the evening-morning rhythm; Leviticus explicitly applies evening-to-evening observance to a sacred Sabbath; Mark associates evening with sunset; and Luke shows the preparation day giving way to the Sabbath.

INSPIRED COUNSEL

"We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time." - Ellen G. White, Testimonies for the Church, vol. 6, p. 356

Know Your Sabbath Hours

Friday sunset:

Saturday sunset:

My preparation deadline:

Minutes of margin before sunset:

The 60-Minute Sabbath Countdown

- ☐ 60 minutes before sunset: Finish remaining ordinary tasks.
- ☐ 45 minutes before sunset: Put work materials and secular media away.
- ☐ 30 minutes before sunset: Complete personal preparation.
- ☐ 15 minutes before sunset: Gather the household or become quiet before God.
- ☐ At sunset: Scripture • Prayer • Praise • Welcome the Sabbath.

Heart Check

- ☐ I usually enter Sabbath peacefully.
- ☐ I am sometimes rushed.
- ☐ I regularly finish things at the last minute.
- ☐ Ordinary work frequently continues after sunset.
- ☐ I have never intentionally planned my Sabbath entrance.

What causes the problem?

What can I change?

THIS WEEK'S CHALLENGE

Find the Friday and Saturday sunset times for your location. Set a preparation deadline before Friday sunset and protect at least 15-30 minutes for spiritual transition.

CHAPTER 3**THE PREPARATION DAY****Preparing the House and the Heart****KEY QUESTION**

What should be completed before sacred time begins?

BIBLE TRUTH

"And that day was the preparation, and the sabbath drew on." - Luke 23:54, KJV

INSPIRED COUNSEL

"On Friday let the preparation for the Sabbath be completed... Before the setting of the sun, let all secular work be laid aside, and all secular papers be put out of sight." - Ellen G. White, *Child Guidance*, p. 528.2

Spiritual Application

We prepare for what we value. Preparation reduces avoidable stress and protects Sabbath from being consumed by unfinished business.

Friday Readiness Audit

- ☐ Shopping completed
- ☐ Sabbath meals prepared
- ☐ Clothing prepared
- ☐ Necessary cleaning completed
- ☐ Business handled
- ☐ Work completed
- ☐ Personal grooming completed
- ☐ Children's needs prepared
- ☐ Bible/Sabbath School materials ready
- ☐ Transportation arrangements made
- ☐ Devices/notifications adjusted
- ☐ Household knows the Sabbath plan
- ☐ Time reserved before sunset for spiritual transition

Prepare the Heart, Not Just the House

Physical preparation is incomplete if we knowingly enter Sabbath carrying bitterness, avoidable conflict, or unresolved wrongs. Where reasonably possible, seek peace and surrender resentment before sacred time begins.

Someone I need to pray for:

Something I need to surrender:

A relationship I should prayerfully make right, where reasonably possible:

Preparing for Worship

The principle is not expensive clothing or fashion. It is reverence, cleanliness, order, and avoiding preventable Sabbath-morning confusion.

- ☐ Clothing ready before Sabbath
- ☐ Clothing clean and appropriate for worship
- ☐ Children's clothing prepared
- ☐ Personal grooming handled beforehand
- ☐ No preventable Sabbath-morning scramble

My Friday Plan

My biggest Friday obstacle:

Why does it keep happening?

My solution:

My Friday completion deadline:

CHAPTER 4

PREPARING SABBATH MEALS

Simplicity Without Dreariness

KEY QUESTION

How can meals support rather than consume sacred time?

BIBLE TRUTH

"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..." - Exodus 16:23, KJV

INSPIRED COUNSEL

"While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food... let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive." - Ellen G. White, Child Guidance, p. 532.2

Biblical Principle

Advance preparation and simplicity help prevent food preparation from dominating Sabbath hours. The goal is not dreary meals, but thoughtful preparation.

My Sabbath Meal Plan

MEAL PLAN	PREP TO DO FRIDAY
Friday Evening	
Sabbath Breakfast	
Sabbath Lunch	
Sabbath Evening	

Preparation Checklist

- ☐ Grocery shopping
- ☐ Washing/chopping
- ☐ Baking
- ☐ Main meal preparation
- ☐ Table preparation
- ☐ Children's food
- ☐ Other: _____

One way I can simplify Sabbath meals:

CHAPTER 5

WELCOMING THE SABBATH

Creating an Intentional Transition

KEY QUESTION

How can I make the beginning of Sabbath recognizable and spiritually meaningful?

BIBLE TRUTH

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

Remembering includes anticipation. Rather than allowing Sabbath simply to "happen," establish a peaceful, Christ-centered transition.

INSPIRED COUNSEL

The Sabbath preparation counsel encourages the household to complete ordinary preparation before sunset and to enter sacred time intentionally through Scripture, prayer, and worship.

Build Your Sabbath-Opening Tradition

- ☐ Gather before sunset
- ☐ Read Scripture
- ☐ Sing a hymn

HOW TO KEEP THE SABBATH HOLY

- ☐ Pray together
- ☐ Share blessings from the week
- ☐ Have a special but simple meal
- ☐ Read a Bible story with children
- ☐ Discuss what everyone is thankful for
- ☐ Create a simple visual household tradition that signals Sabbath has begun
- ☐ Welcome Sabbath quietly in personal prayer

Our Sabbath-opening Scripture:

Our Sabbath hymn/song:

Our prayer focus:

One tradition we want to establish:

KEEP THE SYMBOL SECONDARY

A household tradition can be useful, but it should never be treated as a biblical requirement. The purpose is simply to help the household recognize the transition into sacred time.

CHAPTER 6

GUARDING THE SACRED HOURS

Actions, Words, and Thoughts

KEY QUESTION

What does Sabbath holiness look like beyond simply not working?

BIBLE TRUTH

“...not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words.” - Isaiah 58:13, KJV

INSPIRED COUNSEL

“God requires not only that we refrain from physical labor upon the Sabbath, but that the mind be disciplined to dwell upon sacred themes.” - Ellen G. White, *Gospel Workers* (1892), p. 207.1

The Three Areas

WAYS	PLEASURES	WORDS
What am I doing?	What am I pursuing?	What am I talking about?

Sabbath Distraction Audit

- ☐ Employment
- ☐ Business

HOW TO KEEP THE SABBATH HOLY

- ☐ Money
- ☐ Shopping
- ☐ Social media
- ☐ Entertainment
- ☐ Sports
- ☐ News
- ☐ Politics
- ☐ House projects
- ☐ Secular videos
- ☐ Phone notifications
- ☐ Other: _____

My greatest Sabbath distraction:

The boundary I will establish this Sabbath:

BEFORE I DO THIS...

Ask: Does this activity help me recognize that this time belongs to God? If not, can it reasonably wait?

CHAPTER 7

CALL THE SABBATH A DELIGHT

More Than a List of “Don’ts”

KEY QUESTION

What makes the Sabbath spiritually joyful and restorative?

BIBLE TRUTH

“...and call the sabbath a delight, the holy of the LORD, honourable...” - Isaiah 58:13, KJV

“The sabbath was made for man, and not man for the sabbath: Therefore the Son of man is Lord also of the sabbath.” - Mark 2:27-28, KJV

INSPIRED COUNSEL

“The Sabbath was made for man, to be a blessing to him by calling his mind from secular labor to contemplate the goodness and glory of God.” - Ellen G. White, Testimonies for the Church, vol. 2, p. 583.1

Build My Delightful Sabbath

- ☐ Worship
- ☐ Sabbath School
- ☐ Bible study
- ☐ Prayer

HOW TO KEEP THE SABBATH HOLY

- ☐ Hymns
- ☐ Spiritual reading
- ☐ Nature
- ☐ Family discussion
- ☐ Fellowship
- ☐ Visit someone
- ☐ Encourage someone
- ☐ Outreach
- ☐ Bible study with another person
- ☐ Christian hospitality
- ☐ Quiet time with God

My Sabbath Plan

Friday evening:

Sabbath morning:

After worship:

Sabbath afternoon:

Closing Sabbath:

THIS WEEK'S CHALLENGE

Choose one positive Sabbath activity you genuinely look forward to and one act of service that will make the day a blessing to someone else.

CHAPTER 8

SABBATH IN THE HOME

Families, Couples, Singles, and Mixed Households

KEY QUESTION

How can Sabbath principles be applied faithfully in different household situations?

For Families

Develop household traditions. Let children participate in preparation. Discuss Sabbath plans beforehand. Avoid making Sabbath primarily a list of prohibitions.

For Couples

Use Sabbath to reconnect spiritually: pray together, study together, walk together, and minister together.

For Singles

Sabbath need not become isolation. Plan worship and fellowship, invite someone to eat, visit someone, spend intentional time with God, or participate in ministry.

When Others in My Household Do Not Observe Sabbath

Practice conviction without hostility. Respect others while maintaining your own boundaries. Avoid unnecessary arguments. Let Sabbath reveal the character of Christ through peace, kindness, and consistency.

My Household Sabbath Plan

What currently works?

What creates tension?

What new tradition could help?

One boundary I can maintain graciously:

CHAPTER 9

SABBATH AND CHILDREN

Helping Them See the Character of God

KEY QUESTION

How can children learn to associate Sabbath with God's love rather than mere restriction?

BIBLE TRUTH

"Come, ye children, hearken unto me: I will teach you the fear of the LORD." - Psalm 34:11, KJV

INSPIRED COUNSEL

"Let their young minds be associated with God in the beautiful scenery of nature... All these proclaim the love and skill of the heavenly Artist, and show forth the glory of God." - Ellen G. White, Testimonies for the Church, vol. 2, p. 583.2

The supplied Sabbath counsel also encourages attractive Bible reading and spiritual conversation with children. A healthy Sabbath can combine nature, Scripture, worship, family connection, and service.

My Child's Sabbath Adventure

DISCOVER - Find something God created.

LEARN - Learn one Bible truth.

ASK - Ask one Bible question.

SERVE - Do one act of kindness.

THANK - Name one blessing from God.

Family Discussion

What is your favorite part of Sabbath?

What would make Sabbath more meaningful to you?

What Bible story would you like us to study together?

PARENT PRINCIPLE

Whenever reasonable, listen to the child's answer and actually incorporate it into the family's Sabbath plan. Delight grows through meaningful participation.

CHAPTER 10

WORKS OF MERCY & MINISTRY

Doing Good on the Sabbath

KEY QUESTION

How should Sabbath holiness relate to human need and suffering?

BIBLE TRUTH

"And he saith unto them, Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill?" - Mark 3:4, KJV

"Wherefore it is lawful to do well on the sabbath days." - Matthew 12:12, KJV

INSPIRED COUNSEL

"We should always be ready to relieve suffering and to help those in need." - Ellen G. White, Testimonies for the Church, vol. 6, p. 360.1

Bless Someone This Sabbath

Who is lonely?

Who is sick?

Who needs encouragement?

Who could benefit from a visit?

Who could I share Scripture with?

What practical act of mercy could I perform?

My Sabbath Service Commitment

CHAPTER 11

TRAVEL, WORK & DIFFICULT SABBATH DECISIONS

Applying Principle With Wisdom

KEY QUESTION

What should I do when Sabbath situations are complicated?

BIBLE TRUTH

“Wherefore it is lawful to do well on the sabbath days.” - Matthew 12:12, KJV

“Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill?” - Mark 3:4, KJV

INSPIRED COUNSEL

The supplied counsel advises believers to avoid Sabbath travel when reasonably possible, make necessary arrangements beforehand, and guard the mind from worldly conversation when travel is unavoidable. It also preserves room for ministry and genuine need. - Testimonies for the Church, vol. 6, pp. 359.4-360.1

The Sabbath Decision Test

1. Is this necessary? ☐ Yes ☐ No ☐ Unsure
2. Could it reasonably wait until after Sabbath? ☐ Yes ☐ No ☐ Unsure
3. Could I have prepared for this beforehand? ☐ Yes ☐ No ☐ Unsure
4. Is this primarily ordinary business or personal pleasure? ☐ Yes ☐ No ☐ Unsure
5. Does this honor sacred time? ☐ Yes ☐ No ☐ Unsure
6. Does it relieve suffering or meet a genuine need? ☐ Yes ☐ No ☐ Unsure
7. Will it direct my mind toward God or away from Him?

8. Can I sincerely ask God’s blessing upon this activity?

9. Am I sincerely seeking God’s will - or looking for permission to do what I already want to do?

Work & Unavoidable Situations

Some people face employment circumstances they cannot immediately change. The aim is not condemnation. Understand the principle, pray for wisdom, avoid unnecessary compromise, make changes where possible, and seek a long-term solution consistent with conviction.

A Sabbath situation I need wisdom about:

My next faithful step:

CHAPTER 12

THE HEART OF SABBATH KEEPING

Rules Cannot Replace Relationship

KEY QUESTION

Am I merely managing Sabbath rules - or meeting with God?

BIBLE TRUTH

“Then shalt thou delight thyself in the LORD...” - Isaiah 58:14, KJV

“The Son of man is Lord also of the sabbath.” - Mark 2:28, KJV

A person can complete every checklist in this workbook and still miss the purpose of Sabbath. Boundaries protect something greater: communion with God.

Heart Check

Do I genuinely look forward to Sabbath? ☐ Yes ☐ Sometimes ☐ No

During Sabbath, do I spend meaningful personal time with God? ☐ Consistently ☐ Sometimes ☐ Rarely

Does Sabbath currently feel more like: ☐ Delight ☐ Rest ☐ Worship ☐ Obligation ☐ Restriction ☐ Routine ☐ Stress

What does my answer reveal?

What most competes with God for my Sabbath attention?

What might God be asking me to surrender?

What would make my Sabbath more Christ-centered?

MY SABBATH PRAYER

Lord, teach me not merely to know the Sabbath truth, but to experience the Sabbath as You intended. Help me to remember Your holy day, prepare for it, guard its sacred hours, make it a delight, and use it to draw closer to You and become a blessing to others. Teach me to delight myself in You. In Jesus' name, Amen.

WORKBOOK SECTION

THE 7-DAY SABBATH RESET

Don't Just Read About Sabbath - Practice It

For the next seven days, prepare intentionally for the coming Sabbath. Each day has one focus.

SUNDAY - REFLECT

Think about the Sabbath that just passed.

What went well?

What distracted me?

What would I change?

One lesson from last Sabbath:

MONDAY - PLAN

Plan early.

Sabbath meals:

Shopping needed:

Transportation:

Worship plans:

Sabbath afternoon activity:

TUESDAY - DELIGHT

Choose something you will genuinely look forward to.

My Sabbath delight:

Who will be involved?

WEDNESDAY - CLEAR

Identify unfinished business that could interfere with Sabbath.

What needs to be finished?

I will handle it by:

THURSDAY - ORGANIZE

Confirm practical details.

Clothing ready?

Meals planned?

Children's needs considered?

Transportation confirmed?

Worship plans confirmed?

Something still needing attention:

FRIDAY - PREPARE

Finish ordinary work early enough to transition spiritually.

Friday sunset:

My preparation deadline:

60 minutes before sunset I will:

At sunset we will:

SABBATH - EXPERIENCE

Rest. Worship. Study. Fellowship. Delight. Serve. Spend time with God.

REST:

WORSHIP:

STUDY:

FELLOWSHIP:

DELIGHT:

SERVE:

TIME WITH GOD:

WORKBOOK SECTION

MY SABBATH DEBRIEF

Reflect After the Sabbath

Was I better prepared? ☐ Yes ☐ Somewhat ☐ No

Did preparation make Sabbath more peaceful? ☐ Yes ☐ Somewhat ☐ No

What distracted me?

What drew me closer to God?

What was the best part of Sabbath?

Did I bless someone?

If children were involved, what did they enjoy?

What will I change next week?

WORKBOOK SECTION

MY PERSONAL SABBATH ACTION PLAN

Turn the Workbook Into a Household Plan

My three Sabbath priorities:

My Friday preparation deadline:

My Sabbath-opening tradition:

My biggest distraction:

My new boundary:

My Sabbath delight:

My Sabbath ministry:

WORKBOOK SECTION

FINAL SABBATH EXPERIENCE ASSESSMENT

Measure Change

Repeat the opening assessment. Then compare your answers honestly. Use: 1 = Rarely, 2 = Sometimes, 3 = Usually, 4 = Consistently.

I complete most ordinary work before Sabbath.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My Sabbath meals are largely prepared beforehand.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I enter Sabbath peacefully rather than rushing.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I intentionally spend meaningful Sabbath time with God.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My Sabbath conversation reflects the sacredness of the day.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I put ordinary work and secular concerns aside.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Worship is central to my Sabbath.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My household has meaningful Sabbath traditions.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I help make Sabbath meaningful for children when applicable.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ N/A

I genuinely look forward to Sabbath.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I experience Sabbath as a delight.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I use Sabbath to bless others.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Compare Your Results

Where did you improve?

Where do you still need growth?

What change made the greatest difference?

Has Sabbath become more of a delight? Why?

My Commitment Going Forward

From this day forward, I want my Sabbath to be...

The one habit I will continue is...

The one habit I will leave behind is...

The one person or household I will help experience a more meaningful Sabbath is...

WORKBOOK SECTION

FINAL THOUGHT

From Sabbath Truth to Sabbath Experience

The Sabbath is not merely something to defend doctrinally. It is something to experience spiritually. It is sacred time in which we make room to rest, worship, learn, fellowship, serve, delight - and above all, know God.

BIBLE TRUTH

"If thou turn away thy foot from the sabbath... and call the sabbath a delight... Then shalt thou delight thyself in the LORD..." -
Isaiah 58:13-14, KJV

Sources & Attribution

Scripture

Unless otherwise indicated, Scripture quotations are from the King James Version (KJV).

Ellen G. White Works Cited

- ☐ Child Guidance, pp. 528.2-528.4; 531.2; 532.1-532.2
- ☐ Gospel Workers (1892), p. 207.1
- ☐ Testimonies for the Church, vol. 2, pp. 583.1-583.2
- ☐ Testimonies for the Church, vol. 6, pp. 356; 359.4-360.1
- ☐ Gospel of Health, April 1, 1898, pars. 15-16

Workbook Development

The practical exercises, assessments, planners, and action framework were developed for Bible Adventism to help readers apply the biblical principles studied in this workbook.

REST • WORSHIP • DELIGHT • SERVE

From Sabbath truth to Sabbath experience.