

Open The Light

*For God, who commanded the light
to shine out of darkness,
hath shined in our hearts,
to give the light of the knowledge
of the glory of God
in the face of Jesus Christ.*

2 Corinthians 4:6

*Character Building
In A Relationship with God*

*He that believeth on me, **as the scripture hath said**, out
of his belly shall flow rivers of living water. **John 7:38***

Study 11

We all should enjoy, and take the advantage, in the freedom we have, and study the Word of God. Therefore, do as much as you can each day, with prayer. Remember that God is always longing to share with you.

Always pray before opening the Word of God. Ask for the blessing of the Holy Spirit to guide your heart and mind so that you may hear and understand His words and do them. Pray for the blessing of remembrance of His Word in a time of need and that you may meditate upon them throughout your days. Always asking in the Name of our Lord and Saviour, Jesus Christ.

Walking in God's Law

The 4th Commandment

Remember the Sabbath day, to keep it holy ...

Read Genesis 2:1-4, and Exodus 20:11, then verse 8-11.

It may be hard for some to do this study. My first request is, if we are willing to do the will of God in our life, we should be willing to hear Him from His Word. In this study we will focus on learning with a thus sayest the LORD God, in our hearts and minds as we should with all the studies. Yet as this Commandment is rejected by many, we need to stay focused on what God has said and not man. Looking at the scriptures, keeping precept upon precept, line upon line, here a little there a little. Note Isaiah 28:9, 13. And study the following post by clicking the following link: <https://openthelightstudies.com/2021/02/16/a-gem-for-studying-the-word-of-god/> (opens in a new tab)

The fourth Commandment, which is about, remembering, and keeping, the Sabbath. Many Christians, around the world, struggle with the Seventh day

Sabbath as the true Sabbath of God. If the subject of the Sabbath comes up, they will tell you it was done away with at the Cross. However, it is the only Commandment that was made and set in place at the time of creation to finish the work that God had done when He created this world. The Sabbath rest day was set in place to complete the seven days of the weekly cycle. Please read Genesis chapter one and Genesis 2:1-4. The Sabbath was also set in place in the time of absolute perfectness. That is, there was no sin when the Sabbath was made Holy to finish the creation 7-day week.

When reading Genesis chapter one, we see that a pattern at the end of each creation day, God tells us what day it was. He said, "And the evening and the morning were the first day. ... were the second day ... were the third day ... fourth day ... fifth day... sixth day." Then when we read Genesis 2:1-4, where we are told "and on the seventh day" ... in which God clearly explains what he had done for the seventh day of the week.

Verse 3 of Genesis 2 tells us that "God blessed the seventh day and sanctified it;" then the verse tells us why "because that in it he had rested from all his work which God created and made." Not only did God blessed day seven, He also made it Holy when He "sanctified it."

(sanctified it – consecrated or made holy, -sanctify to free from sin; purify, to sanction (an action or practice) as religiously binding, to declare or render (something) productive of or conducive to holiness, blessing, or grace, (obsolete) to authorize to be revered set apart as sacred, to be remembered ... A primitive root; to be (causatively make, pronounce or observe as) clean (ceremonially or morally): - appoint, bid, consecrate, dedicate, defile, hallow, (be, keep) holy (-er, place), keep, prepare, proclaim, purify, sanctify (-ied one, self), X wholly.).

(References from Collins on line Dictionary, the Strong's Concordance)

See also Exodus 20:8-11 & Deuteronomy 5:12-15.

By looking at why God rested on the seventh day at the end of the creation week, we see the same need for all Humans. God the most Holy of Holy's, in His heavenly home set apart a day for Him to rest from His work. We are told, He "was refreshed". See Exodus 31:17.

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How much more is our need for this blessed day of rest at the end of our working week, in this sin fallen world? Look up Exodus 23:12, read it a couple of times, then answer the question.

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. Exodus 31:17.

Remember those that do the will of God are those who make up Spiritual Israel. We are grafted into the olive tree, (see the study of “The Potter”) Therefore “it is a sign between” God and His “children” “the children of Israel for ever.” “The children of the living God” See Exodus 31:12-17; Romans 9:26. Please look back at the study of, The Potter, in the part called, “O House of Israel.”

Pray God that He will, with the Holy Spirit, guide you that you will always remember His Sabbath that you too will also be refreshed, in Jesus Blessed Holy Name.

Remember to pray for the guidance of the Holy Spirit each time you study God’s word.

The works of his hands are verity - (which means “true”) and judgment; all his commandments are sure. **They stand fast for ever and ever, and are done in truth and uprightness.** He sent redemption unto his people: he **hath commanded his covenant for ever: holy and reverend is his name.** The fear of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever. Psalms 111:7-10.

Remember the former things of old: for **I am God**, and there is none else; **I am God**, and there is none like me, Declaring the end from the beginning,

and from ancient times the things that are not yet done, saying, **My counsel shall stand**, and I will do all my pleasure: Isaiah 46:9-10.

On the lines provided, write your answers to the following question. Does God change, and what did God say about this? Read Malachi 3:6, the first 8 words,

Read and write out the following, small, but powerful, verses on the lines provided.

Father, Psalm 89:34.

Son, Hebrews 13:8.

Now read Daniel 6:15, what is the king unable to do?

If this earthly King couldn’t change the law of the land, why would God change His Law? Now read Malachi 1:14, who is the king that this verse is talking about and what kind of King is He?

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Dreadful
yaw-ray'

A primitive root; to fear; morally to revere; causatively to frighten: - affright, be (make) afraid, dread (-ful), (put in) fear (-ful, -fully, -ing). (be had in) reverence (-end), X see, terrible (act, -ness, thing).

(References from the Strong's Concordance)

The word **dreadful** in the time of translation of the KJV Bible meant To Be Feared and revered in reverence. See Psalms 111:9-10; 112:1.

Fear
yir-aw'

Feminine of H3373; fear (also used as infinitive); morally reverence: - X dreadful, X exceedingly, fear (-fulness).

(References from the Strong's Concordance)

Ye shall not add unto the word which I command you, neither shall ye diminish ought from it, that ye may keep the commandments of the LORD your God which I command you. [Deuteronomy 4:2](#).

Ye shall observe to do therefore as the LORD your God hath commanded you: ye shall not turn aside to the right hand or to the left. Ye shall walk in all the ways which the LORD your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days in the land which ye shall possess. [Deuteronomy 5:32-33](#).

By reading the scriptures, it is clear, God did not and will not take away The Sabbath day of rest from His Law. For He said "For I am the LORD, I change not; ..." [Malachi 3:6](#). Because we are told "...the word of our God shall stand for ever." [Isaiah 40:8](#). Ye shall not add unto the word which I command you, neither shall ye diminish ought from it, that ye may keep the commandments of the LORD your God which I command you. [Deuteronomy 4:2](#).

Keep therefore and do them; for this is your wisdom and your understanding in the sight of the nations, which shall hear all these statutes, and say, Surely this great nation is a wise and understanding people. [Deuteronomy 4:6](#).

In closing your study time with God today, pray; I delight to do thy will, O my God: yea, thy law is within my heart. Psalm 40:8. *And ask God to guide you that you always to seek His will in all that you plan to do, and to walk in His will throughout your life in Christ Jesus. Remember to pray for others and then your need, as we should let our "requests be made known unto God."* Philippians 4:6.

Remember to pray for the guidance of the Holy Spirit each time you study God's word.

[Read Genesis 2:1-4](#).

Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed. [Exodus 23:12](#).

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. [Exodus 31:17](#).

[Please read the following.](#)

[Deuteronomy 5:13-14.](#)

[Exodus 20:9-10; 31:15; 34:21.](#)

[Leviticus 23:3.](#)

[How many days did God give us for work? And what day are we to rest?](#)

[Do you see how truth is so important?](#)

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The meaning of convocation is convoking which is a call to an assembly; a group of people gathered in answer to a summons; assembly. (Here it is an Holy Convocation; a Holy Call to an Assembly)

See www.thefreedictionary.com

Something *called* out, that is, a public *meeting* (the act, the persons, or the place); also a *rehearsal*: - assembly, calling, convocation, reading.

(References from the Strong's Concordance)

God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him. [Psalms 89:7](#).

God had set in place the 7th day Sabbath, the day of rest at the end of creation, as he set in place the 1st, 2nd, 3rd, 4th, 5th, and 6th, days of the week. The 7th day completes the weekly 7-day cycle. Hebrews 4, tells us that if Jesus had given us a day of rest He would have spoken of another day, yet this did not happen. Hebrews 4, also tells us that as we enter the Sabbath, the day of rest, we cease from our work, as God had done on the 7th day when He completed His work at the end of creation, as the scriptures tell us in Genesis 2:1-4. Yes, according to the scriptures, the Sabbath was set in place in the time of absolute perfectness. Remember, there was no sin when the Sabbath was made Holy to finish the creation 7-day week. We are to keep the Sabbath and rest from our labour as God did from His. Of all the places in New Testament scriptures, if there was a command from God Himself or by Jesus, here in Hebrews 4, it would have been explained to us, yet there is no such command. There is no such scripture anywhere in the Bible of God telling us, where God destroyed or doing away with the seventh day Sabbath Rest from His commandments. God does not change; and here in Hebrews 4 we have the clarification that the Sabbath remains and has not been changed by God, nor by Jesus Christ Himself. Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. [Matthew 5:17-18](#).

We all know that God is a God of Love. Yet some would deceive others to believe that the day God created for us to rest as He had done, and to spend time with Him on His Holy day, is now done away with. This does not fit in with a God of Love. God's Love draws us closer to Him, and the created 7th day, the sanctified Sabbath day of rest, is a day that we get to spend with Him because He has called us to rest with Him. The 7th day is His Love drawing us to be with Him in such a special way that any other day cannot supply. God is not a slave keeper: He set a time of rest for all mankind. As Jesus said, ... "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](#). Lord of the Sabbath is "supreme in authority" of the Sabbath. See the Strong's Concordance, for the word Lord in [Mark 2:28](#). The Sabbath is Love in action, it is from the Love of God that He gave a special day to rest from our everyday toils, and where we can spend special time with Him and be refreshed.

Listen prayerfully as you read the following scriptures from Hebrews 4:1-12.

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. 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. 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. ([Read Genesis 2:1-3](#)) 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. ([See Genesis 2:1-3](#)) And in this place again, If they shall enter into my rest. Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: 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. For if Jesus had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a rest to the people of God. ([Hebrews 4:8-9 no other day given](#)). For he that is entered into his

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rest, he also hath ceased from his own works, as God did from his. (See Genesis 2:1-3) (*)Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief. (*Prepare, Preparation for entering in the Sabbath day of rest. This is also a call to prepare our hearts for Eternal rest – Eternal life, by believing God at His Word and walking in His Word.) For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:1-12. Read Hebrews 4:1-12, again from your Bible. Pray and ask God for His Holy Spirit to guide your heart, in His Word of Truth. Asking God to lead you in His Word that you will understand His Word. Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:5-6.

Revelation 22:14, says, “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.” The Word “commandments” here means, *injunction*, that is, an authoritative *prescription*: - commandment, precept. (Strong’s Concordance). Precept, as is a commandment, is a law. Note Revelations 14:12 and 12:17. Now read these Words of Christ in Matthew 5:17-20; 15:1-9.

There are many verses in the Bible that teach us to keep the commandments of God, in the Old and New Testaments. Yet not one tells us about God taking away the commandment regarding Keeping the Sabbath. The 4th Commandment is the one that is Written into the creation week. Just because Jesus Said in Matthew 22:37-40, ... “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.” It does not mean that the Sabbath was done away with. Why would God Sanctify and make this blessed day Holy, a day of rest, at the completion of creation, where we spend time with Him only to take it away. If you read the verses before Matthew 22:37, you would find that the lawyer was tempting Jesus. Yet there is one thing that is very important to note, and that is ... On these two commandments hang all the law and the

prophets. Which tell you that the laws of God, which include the Ten Commandments of God are set or “Hang” on these two Precepts. “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself.” Matthew 22:37-39.

Open your Bible and read the first 4 Commandments in Exodus 20:1-11. Is it clear that these 4 Commandments Hang on the Precept of “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment.” ...? Read also Mark 12:29-34.

Now Read the last 6 Commandments in Exodus 20:12-17. Is it clear that these 6 Commandments Hang on the Precept of “And the second is like unto it, Thou shalt love thy neighbour as thyself.” ...?

Read Luke 10:25-37. Write down the verses where you see the Great Commandment being communicated, the Precepts that hang on all the law and the prophets, in this reading.

Whosoever believeth that Jesus is the Christ is born of God: and every one that loveth him that begat loveth him also that is begotten of him. By this we know that we love the children of God, when we love God, and keep his commandments. For this is the love of God, that we keep his commandments: and his commandments are not grievous. 1 John 5:1-3.

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The Great Commandment came from the Old Testament as well.

Look and read these verses.

Deuteronomy 6:5; 10:12-14, 19-20; 11:1, 13; 30:6; Malicah 6:8.

Remember the sabbath day, to keep it holy. 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: 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 20:8-11](#).

Is this clear from the Word of God that the Sabbath still stands?

Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee. [Deuteronomy 5:12](#).

Remember, the following prayers are only a guide, you can do as much of the studies as time allows each day, or simply study them at your own pace.

*In closing your study time with God today, pray; **I delight to do thy will, O my God: yea, thy law is within my heart.** Psalm 40:8. And ask God to guide you that you always to seek His will in all that you plan to do, and to walk in His will throughout your life in Christ Jesus. Remember to pray for others and then your need, as we should let our “requests be made known unto God.” [Philippians 4:6](#).*

Remember to pray for the guidance of the Holy Spirit each time you study God’s word.

We will look at the ways we are to keep the Sabbath day holy.

Six days are for Work and the Seventh day is for Rest – Sabbath.

Preparation day for the Sabbath

On my knees in prayer one morning, I was praying for the Armour of God to be my strength in Jesus throughout the day ahead. When I prayed for my loins to be girted with truth, it suddenly hit me, that, without truth all the other parts are of no effect. It is the truth “that shall make you free” see John 8:32. Jesus said this after he had said “If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.” John 8:31, 32. It is a daily continuing in the Word of God, which is spending time with Jesus (His Word), learning of Him, with a willing heart to learn of His ways and not the traditions of men.

It is THE TRUTH that we must be girted with, not the breastplate of righteousness, nor any of the other parts of the armour. This is because without truth we can’t have a strong hold of the other armour. We are to be girted by Truth, because “Jesus saith ..., I am the way, the truth, and the life: no man cometh unto the Father, but by me.” John 14:6. He also said “for without me ye can do nothing. [John 15:5](#). This is why Truth is the first and most important part of the Armour of God. And it was the truth that Jesus used to fight the devil when He had been tempted of him. Jesus said “IT IS WRITTEN” “But he answered and said, It is written, Man shall not live by bread alone, **but by every word that proceedeth out of the mouth of God.** [Matthew 4:4](#). ... Jesus said unto him, It is written again, **Thou shalt not tempt the Lord thy God.** [Matthew 4:7](#). Then saith Jesus unto him, Get thee hence, Satan: for it is written, **Thou shalt worship the Lord thy God, and him only shalt thou serve.**” [Matthew 4:10](#).

Why add this to the preparation day for the Sabbath? It is because “Man shall not live..., but by every word that proceedeth out of the mouth of God” We need to know the truth, we will only be tempting God without the whole truth. Him only are we to worship ... and him only shalt thou serve.” [Matthew 4:10](#).

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We make our own traditions and end up deceived by them. Galatians 6:6-8 says, “Let him that is taught in the word communicate unto him that teacheth in all good things. Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the **Father seeketh such to worship him**. God is a Spirit: and they that worship him must worship him **in spirit and in truth**. John 4:23, 24.

Please read these very powerful words of truth.

John 14:17; 15:20, 26; 16:13, 14.

Ephesians 1:13.

2 Thessalonians 2:13.

1Peter 1:22.

1John 4:6; 5:6.

God be merciful unto us, and bless us; and cause his face to shine upon us; Selah. **That thy way may be known upon earth, thy saving health among all nations.** Psalms 67:1, 2.

Without knowing the Truth, which is Jesus, you can't be made free. Jesus the Son of God is Truth and “If the Son therefore shall make you free, ye shall be free indeed.” John 8:36.

Do you want to be made free?

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:5-6.

James 2:10, says “For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.”

... but understanding what the will of the Lord is. Ephesians 5:17. Please review the study “Walking in The Lord’s Will.”

Preparation for the Sabbath starts in our hearts through faith in the Word of God.

When we do the will of God, we girt our loins with truth, God is in our hearts. His Word, the truth, is deep within, and its foundation is laid upon The Rock, Christ Jesus, in which we stand. **“A good man out of the good treasure of his heart bringeth forth that which is good; ... for of the abundance of the heart his mouth speaketh.”** Luke 6:45. Jesus continued to say “And why call ye me, Lord, Lord, and **do not** the things which I say? Whosoever cometh to me, and heareth my sayings, and doeth them, I will show you to whom he is like: He is like a man which built an house, and digged deep, and laid the foundation on a rock: and when the flood arose, the stream beat vehemently upon that house, and could not shake it: for it was founded upon a rock. Luke 6:46-48.

God has given His Word that we may know how to walk in Him with all our hearts.

O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever! ... Ye shall observe to do therefore as the LORD your God hath commanded you: ye shall not turn aside to the right hand or to the left. Ye shall walk in all the ways which the LORD your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days in the land which ye shall possess. Deuteronomy 5:29, 32, 33.

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Hear, O Israel: The LORD our God is one LORD: And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might. And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. And thou shalt write them upon the posts of thy house, and on thy gates. [Deuteronomy 6:4-9](#).

In Luke 24:13-32 we have an example of Jesus sharing the scriptures as they walked and what the result was when the men heard Him. Jesus said, “What manner of communications are these that ye have one to another, as ye walk,” ... Jesus started sharing from the “beginning at Moses and all the prophets, he expounded unto them in all the scriptures the things concerning himself.” The men “said one to another, Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?” This is what happens when we follow the Word of God.

Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no. [Exodus 16:4](#).

And thou shalt remember all the way which the LORD thy God led thee these forty years in the wilderness, to humble thee, and to prove thee, to know what was in thine heart, whether thou wouldest keep his commandments, or no. **Deuteronomy 8:2.**

The heart is deceitful above all things, and desperately wicked: who can know it? **I the LORD search the heart, I try the reins**, even to give every man according to his ways, and according to the fruit of his doings. Jeremiah 17:9, 10.

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting. **Psalms 139:23, 24.**

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: **fear the LORD, and depart from evil.** Proverbs 3:5-7.

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: **cause me to know the way wherein I should walk**; for I lift up my soul unto thee. [Psalms 143:8](#).

Read Exodus 16:4-30. Note verses 4, 5, 23-30.

In verse 4 of Exodus 16, God clearly tells us, ... “that I may prove them, whether they will walk in my law, or no.” In verse 5 God clearly says, “that on the sixth day **they shall prepare** that which they bring in...” And in verses 23 to 30, God tells us what we need to do, and why we are to prepare on the sixth day.

Write out God's instructions for preparing for the Sabbath and the whys, from verses 4 to 30.

God gave the people manna. In Exodus 16:29-30, what two days of the week were different from the rest of the week regarding gathering the manna?

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In Exodus 16: 4-5, 29-30, which day were they to gather for the Sabbath and how much could they gather on this day and why was this done?

Read Exodus 16:23 again and answer the following.

The word Seethe is an archaic word, which means, belonging to or characteristic of a much earlier period; ancient out of date; antiquated (of an idiom, vocabulary, etc) characteristic of an earlier period of a language and **not in ordinary use today**. It means to cook **or** extract the essence of (a food) by boiling.

(References from Collins online Dictionary)

What day are we to bake and seethe what we will seethe?

What day followed the day of baking and seethes what we will seethe?

The food that was baked on the sixth day was to be eaten on the sixth day and on the Sabbath day, the seventh day of the week. Was there a blessing upon the food that was prepared for the Sabbath?

See Deuteronomy 5:13-14.

We have six days to do all our work. However, the sixth day is a day set for the preparation day, to prepare for the Sabbath, for cooking and preparing food. On the preparation day we are to prepare ourselves, and our homes, for the Sabbath hours following the preparation day. We need to prepare the food for both the sixth day and for the seventh day. We need to see to all that is required to keep the Sabbath day Holy. During the working week we should always have the Sabbath in mind. Whatever work we must do in the working hours of the working week, we should make sure it does not impede on the Sabbath hours, this is so we may always “Keep the Sabbath day Holy.”. Deuteronomy 5:12; Genesis 2:3.

Here are some examples we can do before the Preparation Day and on the Preparation Day. The Preparation Day is so we can prepare food, cooking and other things that cannot be done before the Preparation Day. We cannot do everything in the Preparation Day hours; therefore, we need to do a lot of things during the working week. The things that can be done during the working week and the things that need to be done on the Preparation Day may be different for every individual's needs, keeping in mind that the Preparation Day is so we can prepare food, cooking and other things that cannot be done before the Preparation Day. That's why we are to work out our own salvation with fear and trembling. See Philippians 2:12. Remember the Bible does talk about the practical side of the following, although modern language has been used for the following examples.

- Clean our homes, iron any clothes needed for the Sabbath day if we have not been able to do them earlier in the week.

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- Pay our bills so they are taken care of and out of the way and out of our minds.
- For those that have fireplaces in the winter to keep warm, we should have plenty of wood in the wood box to get us through the Sabbath hours, so the chopping and gathering of wood is not done on the Sabbath. Having the fire already started and burning so only the wood is needed to be placed on the fire without too much effort.
- Selling and buying on the internet – we should make sure that it's not listed on the Sabbath, nor having our listing end in the Sabbath hours. We should not place bids on things that we would like to buy or need to buy, where the listing ends in the Sabbath hours. There are a few reasons behind this, one is so our thoughts do not get taken to how the sale went, or wondering if we won the bid. Forever keeping in mind, the Sabbath hours, so nothing impedes the Blessed Holy hours of the Sabbath day.
- It's good to have our shower or bath, if possible, before the hours of the Sabbath.
- We should make sure our cars have petrol to get us through the Sabbath hours. This also includes making sure our cars are in good working order. This is so we are not worrying about the car on the Sabbath, nor on the Sabbath morning before heading off to Church. It would be best to stay home from church if we have no fuel in the car, then go to the fuel station to buy fuel on the Sabbath.
- Never hold off in a medical emergency, help those who are sick, or in need of emergency care.
- Regarding food for emergency situations where people have come in need of food, we can give them of our own storage from home. I'm sure for most people in the western world, we have plenty of food in our homes to share for the day. If more is needed, we can buy for those in need after Sabbath.

When we have taken care of the priorities of the home, Blessings for the Sabbath day will be had.

It is good to have as much of the housework done before Preparation Day. The preparation day hours are set for cooking and any jobs that cannot be done earlier in the week. We will talk soon about what hours make up the preparation day. Even for Church Luncheons, the food can be prepared in the preparation day hours. There is absolutely no reason in a faith believing, God fearing Church, for the members to cook on the Sabbath, at home, or at Church. God said “Ye shall keep my sabbaths, and reverence my sanctuary: I am the LORD.” Leviticus 19:30. We have so much at our disposal today with the blessing in abundance of food. We have good recipes we can cook; we have fridges for safekeeping, ovens, and stoves for reheating. Really, we have no excuse, nor can we justify any cooking on the Sabbath. The children of Israel prepared food for the Sabbath, way back then, without all the things we have today, we most assuredly can do it today. We are without excuse. God's blessings are for us today, as much as it was back in the time the Sabbath was set in time, at creation. When God gave these instructions to the Children of Israel they were given as a reminder of what was already set from creation. The truth had been forgotten during slavery in the land of Egypt.

Wherefore he saith, Awake thou that sleepest, and arise from the dead, and **Christ shall give thee light**. See then **that ye walk circumspectly**, (exactly:- diligently, perfect-(ly)) not as fools, but as wise, Redeeming the time, because the days are evil. Wherefore be ye not unwise, **but understanding what the will of the Lord is**. Ephesians 5:14-17.
(References from the Strong's Concordance)

Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, **that I may prove them**, whether they **will walk in my law, or no**. And it shall come to pass, **that on the sixth day they shall prepare** that which they bring in; and it shall be twice as much as they gather daily. Exodus 16:4-5.

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The following story was told by a friend one Sabbath morning at church. It happened while she was living in Burma, how God had blessed her food that she had prepared for the Sabbath lunch the day before Sabbath, on the preparation day.

One Sabbath while she was sitting in church her mind was suddenly taken to the lunch meal in which she realized that the rice she had cooked the day before, for Sabbath lunch, was not put in the fridge. The people over there love their rice and eat it for almost every meal or at least every day. Burma has quite a hot climate and food will not last long in the heat and would spoil within hours. She was disappointed in herself as she had invited her elderly father and mother over for lunch that day, and that rice was the main dish for lunch. As she was thinking on what to do, she remembered the manna given to the children of Israel and how God blessed it to last the preparation day and the Sabbath. In this she turned to God in prayer and asked God to bless the rice as he did for His people in the desert when He gave them manna. When the family arrived home, she went straight to the rice and found it as fresh as though she had cooked it only an hour ago. They all enjoyed lunch, and the leftovers were placed in the fridge. That night after Sabbath, her father went to the fridge to find some food for tea and as normal, he reached for the rice first. He came to her and said that the rice had spoiled in the fridge and could not understand why that would be. In learning what had happened to the rice, she told her father of the blessing that God had given that day regarding the rice they had for lunch. This was a powerful faith lesson for her and the family and when I heard it, it was a powerful faith lesson for me too.

This reminded me of when we had a non-believing family member visited with us over the Sabbath hours. We decided to have a picnic lunch. The buns I had bought the day before for the picnic were as fresh as if they were baked only hours before we ate them. And our visitor made a comment regarding how fresh they were and wanted to know if I had bought them that day. I told them I had got them the day before. They were even more amazed and said, these buns are never this fresh a day later. I remembered praising God for His blessings. God still blesses His people with His promises today. If we keep His Word faithfully, He will abundantly bless.

Many years later, early Friday morning, I had cooked food for all the visitors we had staying at our place that had come down for our son's wedding. I had cooked the food in the oven and left it in the oven to cool, as there was no room in my kitchen to place the food at the time. After cleaning up I had totally forgotten the zucchini slices that were still in the oven. Now, this was in mid-summer, the hottest time here in Australia. Zucchini slice is a veggie dish that basically contains egg. Cooked egg and the heat do not mix well. When I had remembered the food in the oven, it was the Sabbath morning, and it was almost 24 hours since I had cooked it the morning before. I was overwhelmed with disappointment, but then I called upon God, when He reminded me of His promises, I asked Him to bless in His promise. Now only a few of us ate the slice, as some, although believers, would not, because of the risk with the egg going bad and didn't want to get sick. The slice lasted for a week and never once went bad. I truly believe God gave it the extra blessing because of faith in His promise and in His Word. "that I (God) may prove them, whether they will walk in my law, or no." Exodus 16:4. The food would have been wasted, but faith made me rise early in the morning, after worship with God, and start preparing for the Sabbath on the preparation day. And it was faith that for those that ate the slice was blessed "and that which remaineth over lay up for you to be kept until the morning. And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein." Exodus 16:23, 24. ": for with God all things are possible." Mark 10:27. It was also a lesson for those who did not eat, as the food was good to eat for the time they were there, yet they would not eat. The food would have all been eaten if everyone ate the food that was prepared. I do believe God extended His blessing so they could not come back and say I told you so. As they said we could get sick as it could be bad. Yet God was showing His blessings on the food, as "it did not stink, neither was there any worm therein."

The sixth day is what we call Friday, and the Seventh day is called Saturday; The Sabbath day, the Lord's Day. Let's look at the names of these two days. While there is no full proof reason in history why these names were given for these two days, (I say this as there is too much

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mysteriousness about each name, no single clarity), I do find it very interesting though, that each name supports the Biblical understanding for each day. Let's look and see.

Friday (Fry-day) the y becomes an "i" when joining the two words together. To fry is to cook or bake.

Saturday (Sat-ur-day) sat, verb. To have sat, is to have rested, past tense to sit, a form of resting.

Friday, the sixth day of the week, is the preparation day, and Saturday, the seventh day of the week, is the Sabbath, the day of rest.

Now the next day, that followed the day of the preparation, the chief priests and Pharisees came together unto Pilate, Matthew 27:62. (*The chief priests and Pharisees came together unto Pilate on the Sabbath day the day after the preparation day*). Read all of Matthew chapter 27 to get the full story.

And now when the even was come, because it was the preparation, that is, the day before the sabbath, ... **Mark 15:42**.

And that day was the preparation, and the sabbath drew on. **Luke 23:54.** (*"the sabbath drew on" – means – the Sabbath hours were getting closer.*)

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.** Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them. **Luke 23:54-24:1.**

Did you notice that they rested on "the Sabbath day according to the commandment."?

We have three days here in these verses from the 7-day weekly cycle.

The Sixth day - Preparation Day.

The Seventh day - Sabbath Day.

and

The First day - is just the First day of the week.

Today these days are known as.

Friday - which is the Sixth day of the weekly cycle.

Saturday - which is the Seventh day of the weekly cycle.

and

Sunday - which is the First day of the weekly cycle.

The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the Sabbath day, (for that Sabbath day was an high day,) besought Pilate that their legs might be broken, and that they might be taken away. **John 19:31.**

Now that you have read these verses that were provided for you, is it clear that there is a Biblical understanding that the sixth day (Friday) is the preparation day for the Sabbath?

For us today, in the time we live now, the preparation day, the day before the Sabbath, starts sunset Thursday night, to the time just before the sun sets Friday night, which completes the 24-hour day of preparation. We will cover more on this in the subject of the Sabbath hours near the end of this lesson study. The Biblical hours start at sunset and ends just at sunset when a new day begins. "And the evening and the morning were the first day" ... **Genesis 1:5.** The nighttime and the daytime is the full 24-hour day. So, when the sun is setting at the end of a day, that day is ending, and another is beginning. Knowing this, Biblically, Friday, Preparation Day starts at sunset Thursday and ends at sunset Friday. Preparation day for us, as Children of

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God, is sunset Thursday to ending, preferably in readiness of mind, at sunset Friday where the Sabbath begins. Before the Sabbath comes in, we should make time for our mind to settle from the preparation work and prepare our mind in readiness for the Sabbath hours, which should be the last thing you do on the preparation day; Ending the day with prayer, song, and the Word as we transfer from Preparation Day into the Sabbath hours.

Preparation for the Sabbath is so important for it is showing Action Faith; you believe in His Word and that you want to walk with The Lord our God. It is He that has your Heart. Just like “The voice of one crying in the wilderness, **Prepare ye the way of the Lord**, make his paths straight.” Mark 1:3. So it should be for us every preparation day to prepare the way for the Lord every Sabbath.

Preparation day is very much part of our preparation for our Eternal Sabbath from sin, and for Eternity with God.

Read Matthew 25:1-13.

Once more, it is good to have as much of the housework done before Preparation Day, so the Preparation Day is set for preparing food, cooking, including food preparation for Church Luncheons, and any jobs that can't be done earlier in the week. The food can be prepared on Friday in the 24-hour period from sunset on Thursday evening to just before sunset on Friday evening. There is absolutely no reason in a faith believing, God fearing Church, for the members to cook on the Sabbath at home or at Church. We have so much at our hands today with the blessings in abundance of foods and recipes, we have no excuse, nor can we justify any cooking on Sabbath. Like the women with the extra oil, we too would have already prepared food ready for whatever the surprises that comes our way on Sabbath. As faithful, God-fearing people, Preparation in Holy things, show that we walk in His Law. What a witness would that be to those that watch on?

Can you see the necessity for a well-prepared mind, heart, and life in Jesus, in everyday and for getting ready for Sabbath by preparing our life around this Holy Day?

The preparation day for a higher readiness for the Heavenly Sabbath.

Read Psalms 89:26-34.

Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name. He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him. With long life will I satisfy him, and show him my salvation. Psalms 91:14-16.

Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, **that I may prove them, whether they will walk in my law, or no.** And it shall come to pass, **that on the sixth day they shall prepare that which they bring in;** and it shall be twice as much as they gather daily. Exodus 16:4-5.

The LORD is my strength and song, and he is become my salvation: he is my God, and **I will prepare him an habitation**; my father's God, and I will exalt him. Exodus 15:2.

Make Friday the Preparation Day.--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

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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}

The Sabbath Opens With the Family at 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}

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." {FLB 34.6}

Before the setting of the sun let the members of the family assemble to read God's Word, to sing and pray. {FLB 34.7}

We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time. {CCH 263.3}

While preparation for the Sabbath is to be made all through the week, Friday is to be the special preparation day. Through Moses the Lord said to the children of Israel: (page 355) "Tomorrow is the rest of the holy Sabbath unto the Lord: bake that which ye will bake today, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning." "And people went about, and gathered it [the manna], and ground it in mills, or beat it in a mortar, and baked it in pans, and made cakes of it." Exodus 16:23; Numbers 11:8. There was something to be done in preparing

the heaven-sent bread for the children of Israel. The Lord told them that this work must be done on Friday, the preparation day. **This was a test to them. God desired to see whether or not they would keep the Sabbath holy.** {6T 354.4}

This direction from the lips of Jehovah is for our instruction. The Bible is a perfect guide, and if its pages are prayerfully studied by hearts willing to understand, none need err upon this question. {6T 355.1}

The Lord is no less particular now in regard to his Sabbath, than when he gave the foregoing special directions to the children of Israel. He required them to bake that which they would bake, and seethe (that is, boil) that which they would seethe, on the sixth day, preparatory to the rest of the Sabbath. **Those who neglect to make suitable preparation on the sixth day for the Sabbath, violate the fourth commandment, and are transgressors of God's law.** In his instructions to the Israelites, God forbade baking and boiling upon the Sabbath. **That prohibition should be regarded by all Sabbath-keepers, as a solemn injunction from Jehovah to them.** The Lord would guard his people from indulging in gluttony upon the Sabbath, which he has set apart for sacred meditation and worship. {ST, April 15, 1880 par. 3}

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. [Matthew 4:4](#).

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, (page 356) explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment. {6T 355.3}

We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time. Whenever it is possible,

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employers should give their workers the hours from Friday noon until the beginning of the Sabbath. Give them time for preparation, that they may welcome the Lord's day with quietness of mind. By such a course you will suffer no loss even in temporal things. {6T 356.1}

It means eternal salvation to keep the Sabbath holy unto the Lord. God says: "Them that honor Me I will honor." 1 Samuel 2:30. {6T 356.4}

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](#).

What Blessing do we lose by not walking in the law of the Lord? Choose you this day to rest, Sabbath, in the promises of God or no. Truly Rest on the Sabbath.

When closing your study time with God, Pray; I delight to do thy will, O my God: yea, thy law is within my heart. Psalm 40:8. *Ask God to guide your heart always to seek His will in all that you plan to do, and to walk in His will throughout your life in Christ Jesus, for He is the life giver. Remember to pray for others and then your needs, as we should let our "requests be made known unto God."* Philippians 4:6. *"In all thy ways acknowledge him, and he shall direct thy paths."* Proverbs 3:6.

Pray before opening the Word of God. Ask our Heavenly Father for the Holy Spirit to guide your heart and mind that you may hear and understand His words and live each day in them, in the Name of our Blessed Lord and Saviour, Jesus Christ.

The Sabbath hours

Before the setting of the sun let the members of the family assemble to read God's Word, to sing and pray. {FLB 34.7} **We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time.**

(Reference E.G.W)

And he said unto them, 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](#). "Sabbath was made for man" [to rest from our everyday work and cares](#). Our time to be with God in His presences on His Holy day. A 24-hour day has a night first then the light which is called day- morning, "In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day". [Genesis 1:1-5](#). The Sabbath hours start at sunset, and ends at sunset, the following day as the Bible tells us that "the evening and the morning were the first day". "from even unto even, shall ye celebrate your sabbath". [Leviticus 23:32](#). See [Genesis 1:5, 8, 13, 19, 23, 31](#).

Therefore, an evening, the darkness, and the morning, which is the daylight hours, gives us the hours of a whole 24-hour day. The sunset-to-sunset precept, is the start of one evening and ends at the start of another evening "And at even, when the sun did set, they brought unto him all that were diseased, and them that were possessed with devils." [Mark 1:32](#). "And David smote them from the twilight even unto the evening of the next day:" [1 Samuel 30:17](#).

Sunset to sunset is God's plan for the 24-hour day. However, midnight to midnight is man's 24-hour day. "Thus he said, The fourth beast shall be the fourth kingdom upon earth, which shall be diverse from all kingdoms, and shall devour the whole earth, and shall tread it down, and break it in pieces. And the ten horns out of this kingdom are ten kings that shall arise: and another shall rise after them; and he shall be diverse from the first, and he shall subdue three kings. And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: ... [Daniel 7:23-25](#).

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Acts 20:7-11, is another example of the biblical day that starts at sunset and is followed by the daylight.

And upon the first day of the week, (**the 1st day is Sunday as we know it to be, the day following the Sabbath day. In biblical terms here it starts at sunset, but, today it's known as Saturday night. From God's creation week it is the start of a new week the 1st day**) when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; (**morrow meaning next morning, day, light time when the sun is shining**) and continued his speech until midnight. (**So Paul preach from sunset to midnight on the 1st 24 hour day, of the 1st day of the week**) And there were many lights in the upper chamber, where they were gathered together. And there sat in a window a certain young man named Eutychus, being fallen into a deep sleep: and as Paul was long preaching, he sunk down with sleep, and fell down from the third loft, and was taken up dead. And Paul went down, and fell on him, and embracing him said, Trouble not yourselves; for his life is in him. When he therefore was come up again, and had broken bread, and eaten, and talked a long while, even till break of day, so he departed. **Acts 20:7-11. Paul started preaching upon the first day of the week which started at sunset, till midnight. Then continued till the break of day, then he departed which was now on the morrow, break of day, the start of light for the first day of the week. The first day of this week is called Sunday, as we know it to be today. Midnight is just a time for the middle of the nighttime, middle of the darkness, night hours. As Midday is the middle of the day light hours. See these other examples regarding time in a 24-hour day, Exodus 11:4; 12:29; Judges 16:3; Ruth 3:8,13,14; 1Kings 3:20-21; Mark 13:35; Acts 27:27-39.**

Sabbath Hours Not Ours but God's. -- God has given us the whole of six days in which to do our work, and has reserved only one to Himself. This should be a day of blessing to us--a day when we should lay aside all our secular matters and center our thoughts upon God and heaven. {CG 529.2}

When the Sabbath commences, 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. We

should not do ourselves, nor suffer our children to do, any manner of our own work for a livelihood or anything which could have been done on the six working days. Friday is the day of preparation. Time can then be devoted to making the necessary preparation for the Sabbath and to thinking and conversing about it. 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 (page 530) 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. {CG 529.3} (Reference E.G.W)

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.**

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: 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. **Isaiah 58:13-14.**

When the Sabbath commences, 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. {529.3 CG}

Sabbath Time Too Precious to Sleep Away. -- None should permit themselves, through the week, to become so absorbed in their temporal interests, and so exhausted by their efforts for worldly gain, that on the Sabbath they have no strength or energy to give to the service of God. We

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are robbing the Lord when we unfit ourselves to worship Him upon His holy day. And we are robbing ourselves as well; for we need the warmth and glow of association, as well as the strength to be gained from the wisdom and experience of other Christians. {CG 530.1}

Let not the precious hours of the Sabbath be wasted in bed. On Sabbath morning the family should be astir early. If they rise late, there is confusion and bustle in preparing for breakfast and Sabbath school. There is hurrying, jostling, and impatience. Thus unholy feelings come into the home. The Sabbath, thus desecrated, becomes a weariness, and its coming is dreaded rather than loved. {CG 530.2} (Reference E.G.W)

Wherefore he saith, Awake thou that sleepest, and arise from the dead, and **Christ shall give thee light**. See then **that ye walk circumspectly**, not as fools, but as wise, Redeeming the time, because the days are evil. Wherefore be ye not unwise, **but understanding what the will of the Lord is**. Ephesians 5:14-17.

"I am the LORD that doth sanctify you"

And the LORD spake unto Moses, saying, 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**. Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD: whosoever doeth any work in the sabbath day, he shall surely be put to death. Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant. 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. Exodus 31:12-17.

For a long time I have desired to have something prepared on the subject of Sanctification by Faith; for this subject has not appeared in the form that it

should.--Letter 59, 1895, p. 5. (To Brother and Sister O. A. Olsen, May 12, 1895.) {4MR 347.1}

The Word has made the statement, "**I am the Lord that do sanctify you**" **if you observe the Sabbath**. This is the only true sanctification in the Scriptures--that which comes from God because of obedience to His commandments. Then we may know that the little companies assembled together to worship the Lord on the day which He has blessed and made holy, have a right to claim the rich blessings of Jehovah. He who has declared that His words are spirit and life, should have their faith in strong exercise that the Lord Jesus is an honored guest in their assemblies. "**Where two or three are met together in My name, there am I in their midst.**" If He is there, it is to enlighten and bless. Therefore as we assemble together, we all have a solemn sense of the presence of God, and know that the angels of God are in the assembly. The messengers of the gospel know by experience its truth, power and excellence. It is the hours of the Sabbath that are sacred and sanctified and holy, and **every true worshiper who keeps holy the Sabbath, should claim the promise**, "That ye may know I am the Lord that doth sanctify you." -348- {4MR 347.2}

I tried to make this point as impressive as possible, that the Sabbath day was a special occasion on which the people of the Lord were celebrating the memorial of His Creation; that on the Sabbath the Lord was in the assembly to bless and sanctify, and if they have faith in the Lord every Sabbath would be a day when His people in a special manner will be blessed in their acts of obedience in keeping the commandments of God.--Letter 8, 1898, pp. 3, 4. (To Mrs. Gotzian, February 14, 1898.)

Sanctification of soul, body, and spirit will surround us with the atmosphere of heaven. If God has chosen us from eternity, it is that we might be holy, our conscience purged from dead works to serve the living God. We must not in any way make self our god. God has given Himself to die for us, that He might purify us from all iniquity. The Lord will carry on this work of perfection for us if we will allow ourselves to be controlled by Him. He carries on this work for our good and His own name's glory. {4MR 348.3}

Obedience is the test

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The Lord accepts all the obedience of every creature He has made, according to the circumstances of time in the sun-rising and sun-setting world. Obedience is the test; and all this ploughing into the intricacy of the precise minutes and hours of the Sabbath--it is the test of man's obedience to honor and glorify God. To sin, or transgression of His law, God will prove a consuming fire. [He says,] The Sabbath observance is a sign between Me and you throughout your generations forever. {10MR 9.2}

Upon the Sabbath there should be a solemn dedication of the family to God. The commandment includes all within our gates; all the inmates of the house are to lay aside their worldly business, and employ the sacred hours in devotion. Let all unite to honor God by cheerful service upon his holy day. 476

O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever! ... Ye shall observe to do therefore as the LORD your God hath commanded you: ye shall not turn aside to the right hand or to the left. Ye shall walk in all the ways which the LORD your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days in the land which ye shall possess. Deuteronomy 5:29, 32-33.

Before the setting of the sun let the members of the family assemble to read God's Word, to sing and pray. {FLB 34.7} We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time.

As the sun goes down [at the close of the Sabbath], let the voice of prayer and the hymn of praise mark the close of the sacred hours and invite God's presence through the cares of the week of labor. {CCh 264.3} It means eternal salvation to keep the Sabbath holy unto the Lord. God says: "Them that honor Me I will honor." 1 Samuel 2:30. 474 {CCh 264.4}

The Blessings of Sabbath Observance

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. 490 {CCh 271.1} (Reference E.G.W)

Remember In closing your study time with God, pray with all your heart; I delight to do thy will, O my God: yea, thy law is within my heart. Psalm 40:8. Ask God to guide your life. Seek His will in all that you plan to do in life, in Christ Jesus. Remember to pray for others and then your need, as we should let our "requests be made known unto God." Philippians 4:6. "In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:6.

When opening the Word of God, ask our Heavenly Father for the Holy Spirit to guide your heart and mind that you may hear and understand His words and live each day in them, in the Name of our Blessed Lord and Saviour, Jesus Christ.

Not doing thy own pleasures, but Keeping the Sabbath Holy.

And he said unto them, 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.

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: 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. Isaiah 58:13-14.

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This includes talking about your everyday business, the cost of things, how much money you spent, and so on. We need to direct our thoughts and conversations to Heavenly things, with Jesus our Lord and Saviour as an example and the Holy Spirit as our guide and to help us remember. Read John 14.

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](#).

Please read the following verses.

[Exodus 31:13-18](#).

[Nehemiah 13:14-22](#).

[Jeremiah 17:21-22](#).

Did God say we can work on the Sabbath if we need the money? Do you see, throughout these studies, that God has promises of blessings for those that do His will and trust in Him in all points in our life? See [1Timothy 6:10](#); [Exodus 20:8-11](#); [Deuteronomy 5:12-15](#).

Do you see that it is God's Will for us to walk with Him on the Sabbath day and not after our own ways?

Pray to God today; I delight to do thy will, O my God: yea, thy law is within my heart. Psalm 40:8. And ask God to guide you always to seek His will in your life in Christ Jesus. Remember to pray for others and then your need, as we should let our "requests be made known unto God."

Philippians 4:6. *"In all thy ways acknowledge him, and he shall direct thy paths."* Proverbs 3: 6.

When opening the Word of God, ask our Heavenly Father for the Holy Spirit to guide your heart and mind that you may hear and know His words and live each day in them, in the Name of our Blessed Lord and Saviour, Jesus Christ.

Hired Servants and the Stranger

And the sabbath of the land shall be meat for you; for thee, and for thy servant, and for thy maid, and for thy hired servant, and for thy stranger that sojourneth with thee, [Leviticus 25:6](#).

Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed. [Exodus 23:12](#).

Look up the following verses.

[Deuteronomy 5:14](#).

[Exodus 20:10](#).

[Isaiah 56:1-8](#).

Do well on the Sabbath day.

At that time Jesus went on the sabbath day through the corn; and his disciples were an hungred, and began to pluck the ears of corn, and to eat. (*This is not a harvest; it is plucking food of necessity and no more than that*) But when the Pharisees saw it, they said unto him, Behold, thy disciples do that which is not lawful to do upon the sabbath day. But he said unto them, Have ye not read what David did, when he was an hungred, and they that were with him; How he entered into the house of God, and did eat the showbread, which was not lawful for him to eat, neither for them which were with him, but only for the priests? (*Jesus is talking about the importance of mercy over ritual, see verse 7.*) Or have ye not read in the law, how that on the sabbath days the priests in the temple profane the

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sabbath, and are blameless? But I say unto you, That in this place is one greater than the temple. But if ye had known what this meaneth, I will have mercy, and not sacrifice, ye would not have condemned the guiltless. For the Son of man is Lord even of the sabbath day. And when he was departed thence, he went into their synagogue: And, behold, there was a man which had his hand withered. And they asked him, saying, Is it lawful to heal on the sabbath days? that they might accuse him. And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift it out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days. (*Jesus was appealing to their most basic understanding of decency and kindness in necessity. Not to the will of man, for man's desire is for self-pleasing in his own will*) Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other. Then the Pharisees went out, and held a council against him, how they might destroy him. (*The Pharisees were not really concerned about doing right on the Sabbath; they had accused Jesus of breaking the Sabbath by doing well. If the Pharisees did not like breaking Sabbath and their upset was truly about keeping the Sabbath, they would not have held council on the Sabbath day, a meeting on how to destroy and kill Jesus. The issue for them was that Jesus was taking the people's eyes off them, the Pharisees. They were jealous as the people were looking to Jesus, who was healing the sick. Jesus was directing them to, and showing them, the will and love of God, His Father, by doing well on the Sabbath day.*) But when Jesus knew it, he withdrew himself from thence: and great multitudes followed him, and he healed them all; **Matthew 12:1-15.**

Read the following verses.

Luke 6:9; 14:1-6.

John 7:21-24; 5:8-9, 16-20.

And the ruler of the synagogue answered with indignation, because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the sabbath day. The Lord then answered him, and said, Thou hypocrite, doth not each one of you on the sabbath loose his ox or his ass

from the stall, and lead him away to watering? And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day? And when he had said these things, all his adversaries were ashamed: and all the people rejoiced for all the glorious things that were done by him. **Luke 13:14-17.**

After reading about doing well **or** good on the Sabbath, does it mean we can do all good things on the Sabbath for others, or do you see that it is for the doing well or good of necessity? Meaning doing good where it requires an urgency **or** emergency response in helping others, or to preserve life.

We do not want to have a response with an attitude like the Pharisees. We need to know the truth, God's Word, for it leads us to do God's will in all things, including keeping the Sabbath day Holy and how we should prepare for keeping the Sabbath day holy.

Jesus **never** went out to help with a harvest on the Sabbath. Nor should we. An example of doing good that we should not do on the Sabbath is: fixing a leaking pot, fix the house window for a nigh neighbour. These kinds of things can be done any other day, for it is good to do these kinds of things for our nigh neighbour. In saying this, if it is an emergency, like a pipe ends up bursting, or leaking, where water is going everywhere, then this needs to be seen to on the Sabbath day. Yet, we still should only do what is of necessity. We should let the one we are helping know, because it is the Lord's Day, the Sabbath, we have fixed the emergency and will be back the following day to complete the work.

However, Jesus did do well on the Sabbath by doing good, healing people, seeing to Spiritual, physical, and medical need. We are to prepare for the Sabbath. If we prepare extra food, you are ready to entertain strangers, visitors at church or anyone that comes to visit you un-expectantly. However, sometimes things happen when we are unable to prepare; the

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disciples that plucked corn to eat on the Sabbath, they only took enough to eat and no more. They did not harvest the field. Jesus pointed out to the Pharisees their kindness to their animals by giving food, water, and shelter, along with saving their animals in any emergency. By showing them this, He was telling them that the act of mercy ought to be done for people too. This includes helping, if you are there, with the necessities in times of an emergency.

Examples: car accidents, helping in an emergency from the forces of nature to save life; not by rebuilding a home, harvesting a crop; but by saving people, giving food and water, seeing to the most necessities, saving people from a dangerous situation. Don't go offering to help unload a trailer of wood for our nigh neighbour on the Sabbath; this is secular work and **it's not of necessity**. However, if your nigh neighbour cuts open his hand, or drops a log on his foot and breaks it; step in and help him with his emergency. If need be, **after** Sabbath, finish unloading his trailer of wood for him. This shows the love of God and the keeping God's Law. **God first, in faith will witness to others**, not by putting others first and God second. By doing secular work to show kindness on the Sabbath, only shows our heart is not truly for God. Don't go harvesting a crop because it may get wiped out by a force of nature that's coming our way. Pray and stand in faith. Even if we should lose our crop, stand in faith trusting in Him. When we put God first and hold to His promises, He'll take care of our needs, He will draw us closer into a deeper relationship with Him.

A missionary told me this story about a Sabbath keeping banana farmer, who knew, along with everyone else on the island where he lived, that there was a violent storm coming and the banana crops would be wiped out. It was the Sabbath and everyone including other Sabbath keepers, set out and harvested their bananas and loaded them onto the awaiting ships in port to take them to safety and away from the storm. But on that Sabbath, this particular sabbath keeping farmer refused to comply with the others to harvest his crop, even at the thought he will lose everything. The ships did not stay in port for long and left as soon as they could, to avoid the violent storm approaching. This Sabbath keeping farmer was ridiculed for his stupidity, for not harvesting his bananas. The storm came and went.

However, it was not as bad as predicted for the island. The storm turned not far from the shores of the island, and they only got the tail end of the storm. The Sabbath keeping banana farmer that refused to harvest on the sabbath, still had his crop of bananas. Sadly, as word came to the island, as ships came into port, that the ships with the bananas that were harvested to be saved, were lost at sea. The storm was too fast and violent, and they were not able to outrun the storm as they hoped. The farmer that refused to harvest his crop ended up getting the highest price ever for his bananas, as the loss of the other bananas caused a shortage, and the price of bananas went up. What a witness this is to us all. Putting God first, in faith, will witness to others. Stand in faith and trust in God for He cares for you.

O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever! Deuteronomy 5:29.

Jesus had come to "magnify the law, and make it honorable." He was not to lessen its dignity, but to exalt it. The scripture says, "He shall not fail nor be discouraged, till He have set judgment in the earth." Isaiah 42:21, 4. He had come to free the Sabbath from those burdensome requirements that had made it a curse instead of a blessing. {DA 206.1}

For this reason He had chosen the Sabbath upon which to perform the act of healing at Bethesda. He could have healed the sick man as well on any other day of the week; or He might simply have cured him, without bidding him bear away his bed. But this would not have given Him the opportunity He desired. A wise purpose underlay every act of Christ's life on earth. Everything He did was important in itself and in its teaching. Among the afflicted ones at the pool He selected the worst case upon whom to exercise His healing power, and bade the man carry his bed through the city in order to publish the great work that had been wrought upon him. This would raise the question of what it was lawful to do on the Sabbath, and would open the way for Him to denounce the restrictions of the Jews in regard to the Lord's day, and to declare their traditions void. {DA 206.2}

Jesus stated to them that the work of relieving the afflicted was in harmony with the Sabbath law. It was in harmony with the work of God's angels, who are ever descending and ascending between heaven and earth to

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minister to suffering humanity. Jesus declared, "My Father worketh hitherto, and I work." All days are God's, in which to carry out His plans for the human race. If the Jews' interpretation of the law was correct, then Jehovah was at fault, whose work has quickened and upheld every living thing since first He laid the foundations of the earth; then He who pronounced His work good, and instituted the Sabbath to commemorate its completion, must put a period to His labor, and stop the never-ending routine of the universe. {DA 206.3}

Should God forbid the sun to perform its office upon the Sabbath, cut off its genial rays from warming the earth and nourishing vegetation? Must the system of worlds stand still through that holy day? Should He (207) command the brooks to stay from watering the fields and forests, and bid the waves of the sea still their ceaseless ebbing and flowing? Must the wheat and corn stop growing, and the ripening cluster defer its purple bloom? Must the trees and flowers put forth no bud nor blossom on the Sabbath? {DA 206.4}

In such a case, men would miss the fruits of the earth, and the blessings that make life desirable. Nature must continue her unvarying course. God could not for a moment stay His hand, or man would faint and die. **And man also has a work to perform on this day. The necessities of life must be attended to, the sick must be cared for, the wants of the needy must be supplied. He will not be held guiltless who neglects to relieve suffering on the Sabbath.** God's holy rest day was made for man, and acts of mercy are in perfect harmony with its intent. God does not desire His creatures to suffer an hour's pain that may be relieved upon the Sabbath or any other day. {DA 207.1}

The demands upon God are even greater upon the Sabbath than upon other days. His people then leave their usual employment, and spend the time in meditation and worship. They ask more favors of Him on the Sabbath than upon other days. They demand His special attention. They crave His choicest blessings. God does not wait for the Sabbath to pass before He grants these requests. Heaven's work never ceases, and men should never rest from doing good. The Sabbath is not intended to be a period of useless inactivity. **The law forbids secular labor on the rest day of the Lord;** the toil that gains a livelihood must cease; no labor for worldly pleasure or profit is lawful upon that day; but as God ceased His labor of

creating, and rested upon the Sabbath and blessed it, so man is to leave the occupations of his daily life, and devote those sacred hours to healthful rest, to worship, and to holy deeds. The work of Christ in healing the sick was in perfect accord with the law. It honored the Sabbath. {DA 207.2}

Secular – adjective

of or relating to worldly as opposed to sacred things; temporal
= worldly, state, lay, earthly, civil, temporal, profane, nonspiritual,

Opposites: religious, spiritual, holy, sacred, divine, theological
(References from Collins on line Dictionary)

In closing your study time with God today, Pray; I delight to do thy will, O my God: yea, thy law is within my heart. Psalm 40:8. And ask God to guide you always to seek His will in all that you plan to do, and to walk in His will throughout your life in Christ Jesus. Remember to pray for others and then your need, as we should let our "requests be made known unto God." Philippians 4:6. "In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3: 6.

Pray To God when opening His Word, ask our Heavenly Father for the Holy Spirit to guide your heart and mind that you may hear and understand His words and live each day in them, in the Name of our Blessed Lord and Saviour, Jesus Christ.

The lighting of a fire for warmth

And Moses gathered all the congregation of the children of Israel together, and said unto them, These are the words which the LORD hath commanded, that ye should do them. Six days shall work be done, but on the seventh day there shall be to you an holy day, a sabbath of rest to the LORD: whosoever doeth work therein shall be put to death. Ye shall kindle no fire throughout your habitations upon the sabbath day. Exodus 35:1-3.

We must remember that in the wilderness the children of Israel were given laws that did not need to be kept or to proceed into the promise land. Like

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the law of collecting the Manna every day; as this ended when they came to the borders of the promise land where food was in abundance. "And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan." Exodus 16:35. See All of chapter 16.

This was also with the need of lighting fires for keeping warm in the land of Canaan where the climate of the winter seasons was different to that of the wilderness which was in the desert. See Exodus 19:2. A desert is where it is hot in the day and cold by night and this is the same today with desert land. The cloud that the LORD went before the children of Israel in the daytime also protected them from the heat of the sun and the fire by night also kept them warm in the cold of the night. The Lord protected The Israelites from many other things in the desert, including their clothes, shoes, food, and water. Please read all of Deuteronomy chapter 8 and 29:5 where God reminds them what He has done for them in their journey throughout the wilderness.

Can you see the care God had for His people?

Read Matthew 6:24-34, Does God care for our every need?

The scripture tells a story as follows. "**And while the children of Israel were in the wilderness**, they found a man that gathered sticks upon the sabbath day. And they that found him gathering sticks brought him unto Moses and Aaron, and unto all the congregation." Numbers 15:32-33. See to verse 36. From the beginning of their journey along the edge of the wilderness, throughout their travels in the wilderness the children of Israel

had the blessings of The LORD go before them, "And they took their journey from Succoth, and encamped in Etham, in the edge of the wilderness. And the LORD went before them by day in a pillar of a cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night: He took not away the pillar of the cloud by day, nor the pillar of fire by night, from before the people." Exodus 13:21-22. see also verses 17-21; Deuteronomy 1:33; Nehemiah 9:19. A fire in the day time on the Sabbath in the wilderness was open rebellion as they prepared their food the day before and it was not needed for warmth throughout the Sabbath day.

Ellen G. White, wrote of this in Patriarchs and Prophets chapter 36, after the Israelites had to return to the wilderness due to their unwillingness to believe in good reports given regarding the promise land. Read the following.

Soon after the return into the wilderness, an instance of Sabbath violation occurred, under circumstances that rendered it a case of peculiar guilt. The Lord's announcement that He would (page 409) disinherit Israel had roused a spirit of rebellion. One of the people, angry at being excluded from Canaan, and determined to show his defiance of God's law, ventured upon the open transgression of the fourth commandment by going out to gather sticks upon the Sabbath. During thee sojourn in the wilderness the kindling of fires upon the seventh day had been strictly prohibited. **The prohibition was not to extend to the land of Canaan, where the severity of the climate would often render fires a necessity; but in the wilderness, fire was not needed for warmth.** The act of this man was a willful and deliberate violation of the fourth commandment--a sin, not of thoughtlessness or ignorance, but of presumption. {PP 408.4}

He was taken in the act and brought before Moses. It had already been declared that Sabbathbreaking should be punished with death, but it had not yet been revealed how the penalty was to be inflicted. The case was brought by Moses before the Lord, and the direction was given, "The man shall be surely put to death: all the congregation shall stone him with stones without the camp." Numbers 15:35. The sins of blasphemy and willful

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Sabbathbreaking received the same punishment, being equally an expression of contempt for the authority of God. {PP 409.1}

In our day there are many who reject the creation Sabbath as a Jewish institution and urge that if it is to be kept, the penalty of death must be inflicted for its violation; but we see that blasphemy received the same punishment as did Sabbathbreaking. Shall we therefore conclude that the third commandment also is to be set aside as applicable only to the Jews? Yet the argument drawn from the death penalty applies to the third, the fifth, and indeed to nearly all the ten precepts, equally with the fourth. Though God may not now punish the transgression of His law with temporal penalties, yet His word declares that the wages of sin is death; and in the final execution of the judgment it will be found that death is the portion of those who violate His sacred precepts. {PP 409.2}

During the entire forty years in the wilderness, the people were every week reminded of the sacred obligation of the Sabbath, by the miracle of the manna. Yet even this did not lead them to obedience. Though they did not venture upon so open and bold transgression as had received such signal punishment, (Page 410) yet there was great laxness in the observance of the fourth commandment. God declares through His prophet, "My Sabbaths they greatly polluted." Ezekiel 20:13-24. And this is enumerated among the reasons for the exclusion of the first generation from the Promised Land. Yet their children did not learn the lesson. Such was their neglect of the Sabbath during the forty years' wandering, that though God did not prevent them from entering Canaan, He declared that they should be scattered among the heathen after the settlement in the Land of Promise. {PP 409.3}

We need to also look at another side regarding lighting fires on the Sabbath. Today, in the western culture, most of us only need a fire for warmth on the Sabbath days in the cold seasons; although there are many other parts of the world who still need fires for cooking. If a fire is needed, we should have the wood chopped, collected, and stacked, and having enough taken into the home for the Sabbath hours. All should be ready for the Sabbath. We should not have to go out to collect kindling sticks and wood on any Sabbath day, as we are given time to prepare for the Sabbath hours.

There is the importance of training our children the blessings of preparing for the Sabbath. When children are in programs like pathfinders and are on campouts, the teachers need to remember the importance teaching the children how to prepare for the Sabbath even when out in the wilderness. There are other days for learning how to light a fire in survival and life skills. The Sabbath hours are not for this kind of education, nor any other lesson that would break the Sabbath with secular learning. For the Sabbath is Holy, Sanctified, and hallowed by God from the time of Creation. Therefore, we need to teach our children not only the reasons for preparation but teach them how to prepare for the Sabbath. This is whether at home, on holidays, out camping, wherever we may be, we need to live by example, and it will go well with them and us throughout life if we stay steadfast in keeping the Sabbath Holy. See Genesis 2:1-3; "Remember the sabbath day, to keep it holy. 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: 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 20:8-11.

A Call to Enter the Rest of God.

Hebrews 4:1-12.

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. 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. 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. (Read Genesis 2:1-3) 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. (See Genesis 2:1-3) And in this place again, If they shall enter into my rest. Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of

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unbelief: 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. For if Jesus had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a rest to the people of God. (Hebrews 4:8-9 no other day given) For he that is entered into his rest, he also hath ceased from his own works, as God did from his. (See Genesis 2:1-3) Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief. (Prepare, Preparation for Sabbath rest and for Eternal rest – Eternal life) For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:1-12.

Harden Not your hearts

Read

Hebrews 3:7-19.

Psalms 95.

Why are we not to harden our hearts?

Read another example Amos 8:4-7

The harden heart will walk away from the Will of God; the harden heart will wish away the Sabbath to do their own will; grieving away the Holy Spirit till they remember no more their God and the Lord Jesus their only Saviour.

Whereof the Holy Ghost also is a witness to us: for after that he had said before, This is the covenant that I will make with them after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them; And their sins and iniquities will I remember no more. ... Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) Hebrews 10:15-17, 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. 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. Isaiah 66:22-23.

But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace. James 3:17-18.

But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble. Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. **Humble yourselves in the sight of the Lord, and he shall lift you up.** James 4:6-10.

“Remember the Sabbath day, to keep it holy”

In closing your study time with God today, Pray: I delight to do thy will, O my God: yea, thy law is within my heart. Psalm 40:8. And ask God to guide you always to seek His will in all that you plan to do, and to walk in His will throughout your life in Christ Jesus. Remember to pray for others and then your need, as we should let our “requests be made known unto God.”

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Philippians 4:6. Now unto the King eternal, immortal, invisible, the only wise God, be honour and glory for ever and ever. Amen. *1Timothy 1:17.*

"Remember the Sabbath day, to keep it holy. Six days shalt thou labor, 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: 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." {PP 307.1}

The Sabbath is not introduced as a new institution but as having been founded at creation. It is to be remembered and observed as the memorial of the Creator's work. Pointing to God as the Maker of the heavens and the earth, it distinguishes the true God from all false gods. All who keep the seventh day signify by this act that they are worshipers of Jehovah. Thus the Sabbath is the sign of man's allegiance to God as long as there are any upon the earth to serve Him. The fourth commandment is the only one of all the ten in which are found both the name and the title of the Lawgiver. It is the only one that shows by whose authority the law is given. Thus it contains the seal of God, affixed to His law as evidence of its authenticity and binding force. {PP 307.2}

God has given men six days wherein to labor, and He requires that their own work be done in the six working days. Acts of necessity and mercy are permitted on the Sabbath, the sick and suffering are at all times to be cared for; but unnecessary labor is to be strictly avoided. "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, honorable; and . . . honor Him, not doing thine own ways, nor finding thine own pleasure." *Isaiah 58:13.* Nor does the prohibition end here. "Nor speaking thine own words," says the prophet. Those who discuss business matters or lay plans on the Sabbath are regarded by God as though 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. And the commandment includes all within our gates. The inmates of the (Page 308) house are to lay aside their worldly business during the

sacred hours. All should unite to honor God by willing service upon His holy day. EGW.