

How to Observe God's Special Day of Rest [14]

-Making the Sabbath a Joy and Sabbath-Keeping Principles-

***STOP.** Please don't do this lesson until you have gone through "God's Sign and Seal" #13

** Remember to Pray for Wisdom Before You Begin*

- 1.) Does God grant a special blessing to those who keep the Sabbath? Isaiah 56:2 "Blessed is the man that doeth this, and the son of man that layeth hold on it; that _____ the Sabbath from _____ it, and keepeth his hand from doing any evil." **NOTE: The Sabbath is not like any other ordinary day. If like the verse above says that it can be polluted then we should understand just how it should be kept sacred and thereby receive the blessing that God would desire to bestow upon us.**
- 2.) Does God bless those who are obedient to His commandments? Deuteronomy 28: 1, 2, 15
And it shall come to pass, if thou shalt hearken _____ unto the voice of the LORD thy God, to observe and to do all his commandments which I command thee this day, that the LORD thy God will set thee on high _____ all nations of the earth: **2** And all these _____ shall come on thee, and overtake thee, ___ thou shalt _____ unto the voice of the LORD thy God. **15** "But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God, to _____ to do all his commandments and his _____ which I command thee this day; that all these curses shall come upon thee, and overtake thee: **NOTE: When God pronounces a curse on something, we do well to take heed. When He pronounces a blessing on keeping His commandments and particularly His 4th commandment, we can count that that blessing will indeed rest upon us!**
- 3.) The Sabbath is a "sanctified day" set apart from all the rest. Is the Sabbath a day for participating in secular work? Exodus 20: 8-11 Remember the Sabbath day, to keep it _____. Six days shalt thou labour, and do all thy work: But the _____ day is the Sabbath of the LORD thy God: ___ 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 _____ thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested _____ seventh day: wherefore the LORD _____ the Sabbath day, and _____ it. **NOTE: One of the plain principles brought out in the 4th commandment is that all everyday normal work is forbidden on that day. Six normal working days are given us to do our necessary employment. The Sabbath is specifically set aside to stop our normal work, come apart to rest and worship our Creator. It is designed to keep us close to our God and to remember Him as our Creator and kind benefactor. All work secular and personal (around our home and property) is to be set aside and devoted to God. The only exception to this according to the scriptures is the sick and suffering (medical –see below #9) and religious work by pastors, ministers, etc. "Within thy gates" means in our**

household or if we are the main employers or own a business, those under us are to have the day off.

- 4.) Is the Sabbath a special designated day of worshiping our Creator? Leviticus 23:3** *“Six days shall work be done: but the seventh day is the Sabbath of rest, an holy _____; ye shall do no _____ therein: it is the Sabbath of the LORD in all your _____.”* **NOTE: The Sabbath is called a “holy convocation” or gathering of God’s people. One of the main components in observing the Sabbath is the gathering together of God’s people to worship Him. A great blessing rests on those who endeavor as far as possible to meet with others of like faith to worship God. He made us as social beings that need the association, admonishment and encouragement from others who believe as we do. Faithfully attending Sabbath School and Church brings solidity, stableness and peace to the Christian experience.**
- 5.) Did Jesus and the apostle Paul worship God on the Sabbath day? Luke 4:16** *“And he came to Nazareth, where he had been brought up: and, as his _____ was, he went into the _____ on the Sabbath day, and stood up for to read.”* **Acts 18:4** *“and he reasoned in the _____ every _____ and persuaded the Jews and the Greeks.”* **NOTE: For Jesus this was a habit or “custom.” For Paul it was “every” Sabbath. The scriptures plainly say that Jesus is our example or pattern.**
- 6.) When does the Sabbath begin and end according to the Bible? Leviticus 23:32** *“It shall be unto you a Sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from _____ unto even, shall ye _____ your Sabbath.”* **Mark 1:32** *“And at _____, when the _____ did set, they brought unto him all that were diseased, and them that were possessed with devils.”* **NOTE: The very fact that the Bible specifies just when it begins and when it ends in itself implies that it is not ordinary time but holy time that needs to be sacredly guarded. The Sabbath begins on sunset Friday and ends on sunset Saturday evening. This is a 24-hour period and one day out of seven (and a specific day at that) that belongs to God. One-tenth of our means of what we earn belong to God as tithe. He asks us to give Him one-seventh of our time for Him and that is on the Sabbath.**
- 7.) The Sabbath is a day to delight our self in the LORD. Is this a day for our own personal pleasure such as sports, even fishing or hunting, secular games or reading, swimming, or secular entertainment, etc.? Are these activities in harmony with the holiness of the Sabbath? Isaiah 58:13,14** *“If thou turn away thy foot from the Sabbath, from doing _____ pleasure on my _____ day; and call the Sabbath a _____, the holy of the LORD, honourable; and shalt honour him, not doing thine own _____, nor finding thine own _____, nor speaking thine own words: **14** Then shalt thou _____ thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and _____ thee with the heritage of Jacob thy father: for the _____ of the LORD hath spoken it.”* **NOTE: Basically, anything that detracts from intimate communion with God on the Sabbath day would be defiling it. Doing our regular school homework or reading any non-spiritual**

secular books, newspapers or magazine would be desecrating God's holy time. An exception would be some wholesome nature or natural science books that would remind us of our Creator & what He has made thereby pointing & drawing us to the Creator and His beneficent laws.

8.) The Sabbath is "holy and sacred time" which should be devoted to God in spiritual things with Him and others. Can the Sabbath be defiled by buying, selling, and trivializing this day by ordinary worldly activities? Can business transactions be done during the Sabbath hours? Nehemiah 13:15-22 "In those days saw I in Judah some _____ wine presses on the Sabbath, and _____ in sheaves, and lading asses; as also wine, grapes, and figs, and all manner of _____, which they brought into Jerusalem on the Sabbath day: and I testified against them in the day wherein they _____ victuals. 16 "There dwelt men of Tyre also therein, which _____ fish, and all manner of ware, and _____ on the Sabbath unto the children of Judah, and in Jerusalem. 17 "Then I contended with the nobles of Judah, and said unto them, What _____ thing is this that ye do, and _____ the Sabbath day? 18 "Did not your fathers thus, and did not our God bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by profaning the _____. 19 "And it came to pass, that when the gates of Jerusalem began to be dark before the Sabbath, I commanded that the gates should be shut, and charged that they should not be opened till _____ the Sabbath: and some of my servants set I at the gates, that there should no _____ be brought in on the Sabbath day. 20 "So the _____ and sellers of all kind of ware lodged without Jerusalem once or twice. 21 "Then I testified against them, and said unto them, Why _____ ye about the wall? if ye do so again, I will lay hands on you. From that time forth came they _____ more on the Sabbath. 22 "And I commanded the Levites that they should _____ themselves, and that they should come and keep the gates, to _____ the Sabbath day. Remember me, O my God, concerning this also, and spare me according to the greatness of thy mercy." **NOTE: Any purchases of food, gas for the vehicle, etc should be done before the Sabbath arrives. Remember this is "holy time" to be devoted to God and one another in our regular family and church family.**

9.) Did Jesus illustrate in His life the joy of doing well on the Sabbath? Matthew 12:11-13 "And he said unto them, what man shall there be _____ you, that shall have one sheep, and if it fall into a pit on the _____ day, will he not lay hold on it, and lift it out? 12 "How much then is a man _____ than a sheep? Wherefore it is _____ to do _____ on the Sabbath days. 13 Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored _____, like as the other." **NOTE: The Bible is also plain by the teaching and example of Jesus that the sick and those suffering from affliction should be attended to. There is a place for nurses and doctors to do some of their work on the Sabbath when it is necessary. Obviously, any serious physical emergency or disaster needs to be attended to. This is in harmony with scriptural principles even from the Old Testament.**

10.) The Sabbath is an illustration of the God who provides for our needs. Do we have a Biblical example where Jesus provided for the physical needs of His disciples on the Sabbath day? Mark 2:23-28 “And it came to pass, that he went through the corn fields on the _____ day; and his disciples began, as they went, to _____ the ears of corn. **24** “And the _____ said unto him, Behold, why do they on the Sabbath day that which is not lawful? **25** “And he said unto them, have ye never read what _____ did, when he had _____, and was an hungred, he, and they that were with him? **26** “How he went into the house of God in the days of Abiathar the high priest, and did eat the showbread, which is not _____ to eat but for the priests, and gave also to them which were with him? **27** “And he said unto them, The Sabbath was _____ for man, and not _____ for the Sabbath: **28**” Therefore the Son of man is Lord also of the _____.”

11.) What happened when some of Israel broke the Sabbath by attempting to gather and prepare manna while neglecting to make arrangements on the “preparation day” (Friday) ahead of time before the Sabbath? Exodus 16:23, 28-30 “And he said unto them, This is that which the LORD hath said, _____ is the rest of the _____ Sabbath unto the LORD: _____ that which ye will _____ to day, and _____ [boil for the purpose of cooking] that ye will _____; and that which remaineth over lay up for you to be kept until the morning. **28** “And the LORD said unto Moses, how long _____ ye to keep my _____ and my laws? **29** “See, for that the LORD hath given you the _____, therefore he giveth you on the _____ day the bread of _____ days; abide ye every man in his place, let no man go out of his place on the seventh day. **30** “So the people _____ on the seventh day.” **NOTE: The actual cooking of food or extensive preparation of food is to be avoided over the Sabbath hours. However, after it has been prepared ahead of time on the preparation day (Friday) it can be warmed or heated up on the Sabbath to eat.**

12.) There is a Divine invitation to come find rest in Jesus. How does each Sabbath provide us with an opportunity to renew our commitment with our LORD and to “rest” in Him by faith? Matthew 11:28-30 “Come unto me, all ye that _____ and are heavy laden, and I will give you _____. **29** “Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find _____ unto your _____. **30** “For my yoke is easy, and my burden is _____.” **Hebrews 4:1-11** “Let us therefore fear, lest, a promise being left us of entering into his _____, any of you should seem to come _____ of it. **2** For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with _____ in them that heard it. {the word...: Gr. the word of hearing} **3** “For we which have believed do enter into _____, as he said, As I have sworn in my wrath, if they shall enter into my _____: although the works were finished from the _____ of the world. **4** “For he spake in a certain place of the _____ day on this wise, And God did rest _____ seventh day from all his works. **5** “And in this place again, If they shall _____ into my rest. **6** “Seeing therefore it remaineth that some _____ enter therein, and they to whom it was first preached entered not in because of unbelief: **7** “Again, he limiteth a

certain day, saying in David, To day, after so long a time; as it is said, Today if ye will hear his voice, _____ not your hearts. **8**” For if Jesus had given them rest, then would he not afterward have spoken of another _____. **9** “There _____ therefore a rest to the people of God. {rest: or, keeping of the Sabbath} **10** “For he that is entered into his rest, he also hath _____ from his own works, as God did from his. **11**“Let us labor therefore to _____ into that rest, lest any man fall after the same example of unbelief.” {unbelief: or, disobedience} **NOTE: The genuine joyful keeping of the Sabbath will actually be a celebration of our deep-abiding faith in Christ. The strict keeping holy of the Sabbath will never earn us Salvation, however, Jesus did say, “If you love Me keep My commandments”. In fact, we will enter into a deeper, more intimate connection with Jesus through the power of the Holy Spirit and the careful keeping of the Sabbath will but reflect the close bond we have between our Creator & Redeemer. This will produce a POWERFUL HOLY SPIRIT-filled life that will be overflowing with Love and Joy in our hearts! May this be a living experience for us now!!**

Brief Quiz

CIRCLE ONE

- 1.) True/False – Only abstaining from work is all that is necessary for keeping the Sabbath.
- 2.) True/False – Watching secular, worldly TV is OK on the Sabbath.
- 3.) True/False – A part of true resting on the Sabbath is resting in Christ’s righteousness and allowing Him to fulfill His will in our lives.
- 4.) True/False – Ideally Friday is the day to make necessary preparations for Sabbath.
- 5.) True/False – The Sabbath officially begins from sunset Friday to sunset Saturday.
- 6.) True/False – Jesus broke the Sabbath by healing many sick folks on that day.
- 7.) True/False – It is OK to do business transactions by buying & selling on the Sabbath.
- 8.) True/False – Even though the seventh-day Sabbath is still God’s true day of worship, since most Christians worship on Sunday and it is inconvenient to keep the Sabbath, it is ok to observe Sunday instead.

My Response

I understand that the Seventh-day Sabbath (Saturday) is a special time that God has set aside which is sacred and to be kept holy by not doing any secular work for profit or personal gain as well as doing any of our personal pleasure or transacting business by buying or selling. It is my desire to make this holy time a special opportunity to come close to my Savior Jesus and our Heavenly Father.

Signed _____