

Note: Jesus may have said, "You have heard it said of old, 'Remember to keep the Sabbath day holy', but I say unto you, If any man wishes that the sun would hurry up and go down, he has already broken the Sabbath in his heart" Let's give God all 24 hours of his holy day. (See also Amos 8:1-5)

Principle #3. The Sabbath is a day to meditate on Spiritual themes.

10. What does God ask us to abstain from on the Sabbath day?

Isaiah 58:13-14

Note: The principle is: activities that should take place on the Sabbath should be redemptive in nature. It should also be noted that our words need to be kept on holy themes. This may take a bit discipline, but you can do it.

THOUGHT QUESTION: How about watching college football on the Sabbath?

Principle #4. The Sabbath is a day to do Good.

11. What did Jesus say was lawful to do on the Sabbath? Matthew 12:12, Luke 14:1-5; John 9:14

Note: The Bible reveals that most of the healing that Jesus did was on the Sabbath. Here is the balance: if someone is sick or hungry on the Sabbath, fill their need even if you have to spend money during Sabbath hours. We need to do all we can from being legalistic in our Sabbath keeping. If you get a flat tire on the Sabbath, get your ox out of the ditch if you can. If you see someone broke down on the side of the road, remember Jesus said, "It is lawful to do good on the Sabbath."

What are good Sabbath activities? Luke 4:16; Hebrews 10:26; Psalm 19:1-3

Go to church	Evangelism	Visit the sick & elderly
Bible study	Feed homeless	Visit friends/family
Prayer	Listen to music	Special meal
Rest & relaxation	3ABN & Hope Channel	Nature hikes

MY CHOICE: I want to honor God by making any changes I need to bring my life into harmony with His word, including how I keep the Sabbath.

Journey With Jesus



Lesson #26 How to Keep the Sabbath

One man challenged another man to a wood chopping contest. The challenger worked very hard, stopping only for a lunch break. The other man took a leisurely lunch and also took several breaks. At the end of the day, the challenger was annoyed to find that the other fellow had chopped a lot more wood than he had. "I don't get it, every time I checked, you were resting, yet you chopped more wood than I did." The man responded, "You didn't notice that I was sharpening my ax when I sat down to rest."

The Sabbath is all about sharpening our ax. The Sabbath was meant to be a day to disconnect from this world and reconnect with God. Now that we have discovered the beauty of the Sabbath, what we want to discover now is how do we keep it? Let's look at four principles on Sabbath keeping.

Principle #1 The Sabbath is a day of rest.

1. What did God do after He created the earth? Genesis 2:1-3

Note: God didn't rest on the Sabbath because He was tired. Can you imagine God saying to Himself, "Whew, all this breathing life into Adam and creating the animals has worn me out!" Hardly! He did it to give us an example to follow. As a parent, what is worth more to your kids, your words or your example? Your example, of course. God rested as our divine example.

2. What are we not to do on the Sabbath? Exodus 20:8-11

Note: The rest of the verse indicates that we are not to employ others to do secular work for us on the Sabbath.

3. What are the first six days of the week called? Ezekiel 46:1

Note: We have six "working days" to get all of our work done and make a living for our families. We can prepare for the Sabbath a little on each day by getting done what needs to be done so that on Friday we're not scrambling around up until the minute the sun goes down and enter the Sabbath hours rushed or hurried.

4. How does the Bible tell us that we should prepare for the Sabbath? Exodus 16:22-29; 35:3

Note: God rained enough manna on the sixth day of the week for Friday and the Sabbath. We can glean from this verse an important principle. All work that can be done on Friday (6th day) should be done in preparation for the Sabbath so there is as little bustle as possible on the Sabbath.

5. What does the Bible call the day before the Sabbath? Luke 23:54; Mark 15:42

Note: The sixth day of the week or Friday is called the preparation day. Preparation for what? The seventh-day Sabbath of the Lord.

6. What did Nehemiah say to those who purchased food and wares from merchants on the Sabbath? Nehemiah 13:16, 17

Note: Shopping and other normal buying/selling are all prohibited on this holy day. That is why we have "six working days" to prepare.

THOUGHT QUESTION: If we are not to employ others or buy and sell on the Sabbath, would going out to eat on the Sabbath be ok?

There was a man who came to church with a for sale sign on his car. A friend walked up to him and said, "I noticed the sign on your car and if it wasn't the Sabbath, I'd ask you how much you want for it." "If it wasn't the Sabbath, I would tell you \$6,000." The man replied back, "If it wasn't the Sabbath, I'd offer you \$5,000." "The man promptly responded back, "If it wasn't the Sabbath I would say sold, but since it's the Sabbath, let's go to Sabbath school."

"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." Patriarchs and Prophets p. 307

7. What is the Sabbath a day of? Hebrews 4:9

Note: The Sabbath was meant to be a day of rest spent with a Creator God.

"Cooking on the Sabbath should be avoided; but it is not therefore necessary to eat cold food. In cold weather the food prepared the day before should be heated. And let the meals, however simple, be palatable and attractive. Especially in families where there are children, it is well, on the Sabbath, to provide something that will be regarded as a treat, something the family does not have every day." Ministry of Healing p. 307-308

"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." Testimonies to the Church Vol. 6 p. 357

Principle #2. The Sabbath has 24 hours.

8. When does the Sabbath start and end? Genesis 1-2, Leviticus 23:32

Note: Notice that God said, "Let there be light." Why? Because there was complete darkness; therefore, darkness was first. This means that the first part of a day is at dark. Hence the phrase, "evening and morning were first day." The Sabbath begins at Friday at sunset and ends Saturday at sunset.

9. If Jesus included the Sabbath in the Sermon on the Mount, what may He have said? Matthew 5:21-22; 27-28
