

YOUTH



LEVEL 9

BIBLE

LESSONS



LESSON 7



God's Sabbath Day

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# GOD'S SABBATH DAY

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**T**he Sabbath is a day God set aside for the *benefit* of all mankind. It was designed as a special day of rest and worship—an opportunity to rejuvenate both mind and body.

Keeping the Sabbath, as God intended, is one of life's greatest joys. It is a time of physical rest and mental relaxation after a busy week at school or on the job. God gives us this additional time each week to reflect on spiritual things—to learn more about His great purpose for mankind!

In this lesson, you will learn about the Sabbath—when, for whom and by whom it was made. You'll learn *why* the Sabbath is very special to God. You'll discover its meaning for those who keep it as He commanded. And you will learn why and how the professing Christian world changed it to another day.

## WHEN THE SABBATH BEGAN

Many people assume the Sabbath began in the days of Moses, when the children of Israel were led out of Egypt. But the Sabbath began long before the Exodus.

During the first six days of what is commonly called Creation Week, God renewed the face of the earth and created the various forms of plant and animal life. On the sixth day, He created the first human beings, Adam

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### ABOUT OUR COVER . . .

Partly restored synagogue in Capernaum is believed to be built on the original site of a synagogue in which Christ preached on the Sabbath.

Photo by N. Ben-Haim

and Eve. What did God then do on the seventh day? (Genesis 2:2-3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why did God *rest* on the seventh day? Had He become tired from all the work He had done during the previous six days? (Isaiah 40:28) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

God does not need to rest, nor does He become tired as physical human beings do. Spirit beings do not grow old, wear out or become tired.

It was by the very *act* of resting on the seventh day of the week that God established the Sabbath. But why did God set aside the seventh day of the week as a day of rest? Why did He *make* the Sabbath in the first place?

The answer is found in the New Testament. What did Jesus tell the Pharisees about the Sabbath? (Mark 2:27) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Jesus showed that the Sabbath was made for man. It was intended to help people everywhere live happier and more abundant lives. From the beginning, God meant His Sabbath to be a day of joy and delight, a special day of happiness!

Christ, who came to earth as a human being, lived a life of perfect obedience to God (John 15:10). When Christ began His ministry, He called twelve apostles to carry on the Work of

God after His death. He spent three and one-half years teaching them God's way of life.

What did the Apostle Peter say regarding Christ and the example He set? (I Peter 2:21)

Peter and the other apostles had lived with Christ for three and one-half years, observing everything He had said and done.

After His death and resurrection, Christ later called Paul to be an apostle. What did Paul say about following the *example* set by Christ? (I Corinthians 11:1)

The apostles followed the example set by Christ and taught the Church to do the same.

It is important to understand that Christ, who had formerly been a glorified member of the God Family, set an *example* for all to follow. Likewise, when God rested on the seventh day, He was setting an example of what man should do.

### GOD'S LAW IS FOR OUR GOOD

Mr. Herbert W. Armstrong, Pastor General of the Worldwide Church of God, has often pointed out that God instructed our first

parents, Adam and Eve, in the *way* that was good for them. He taught them what they needed to know in order to live happy and successful lives. Part of God's instruction involved the "tree of the knowledge of good and evil."








What were God's instructions about this particular tree found in the Garden of Eden? (Genesis 2:16-17)

This tree represented the way of deciding for oneself right from wrong—good from evil—rather than relying on God's revealed instruction (represented by the "tree of life"). God warned if they ate of the tree, they would ultimately die.

Soon afterwards, Eve was tempted by the serpent (Satan the Devil—Revelation 12:9) to eat the fruit of this tree (Genesis 3:1-6). Believing Satan, she ate of the fruit and gave some to Adam. By disobeying God, Adam and Eve decided to choose for themselves what was good and what was evil. They chose the way of "human experimentation." Mankind has been living this way ever since!

There are many verses in the Bible showing that God's way—defined by His law—is for the good of all mankind. Notice what the

## THE FIRST SEVEN-DAY WEEK

| Order of Days   | <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>  | <b>5</b>   | <b>6</b>  | <b>7</b>  |
|---|---|---|---|---|--|---|---|
| Days of Week  | SUN   | MON   | TUE   | WED   | THU  | FRI   | SAT   |
|   |  |  |  |  |  |  |  |
|   | NIGHT DAY<br>24 HOURS   | NIGHT DAY<br>24 HOURS   | NIGHT DAY<br>24 HOURS   | NIGHT DAY<br>24 HOURS   | NIGHT DAY<br>24 HOURS  | NIGHT DAY<br>24 HOURS   | NIGHT DAY<br>24 HOURS   |
| Occurrence or Special Creation on Each Day—<br>Gen. 1:3-31; 2:1-3 | Light appears on earth  | Waters divided  | Dry land appears, vegetation created  | Sun, moon and stars become visible  | Fish and birds created   | Land animals and man created  | Sabbath made by rest  |

following verses teach about God's law being for our good. Write down the main idea found in each of them.

(Deuteronomy 4:5-6) \_\_\_\_\_

(Deuteronomy 4:39-40) \_\_\_\_\_

(Deuteronomy 5:32-33) \_\_\_\_\_

(Deuteronomy 6:24-25) \_\_\_\_\_

(Deuteronomy 7:12-13) \_\_\_\_\_

What did King David say about God's law? (Psalms 19:7-11, summarize these verses) \_\_\_\_\_

And what did the Apostle Paul write about God's law in the New Testament? (Romans 7:12) \_\_\_\_\_

People through the ages have believed that God's law is harsh, cruel, overbearing—a burden and yoke of bondage! But the Bible certainly does not teach this. It teaches just the opposite—that God's law is for the *good* of all mankind.

### **BETWEEN ADAM AND MOSES**

As we have learned, Adam and Eve did not believe that God's way was best. They did not seek God's guidance and revelation, nor live according to His laws. Instead, they chose to decide for themselves what was right and what was wrong. From then on, humanity lived apart from God.

When Adam and Eve had children, they taught them the way they thought was best. In time, most people did not even realize they were breaking God's law. But that did not mean God's law was not in effect. God's law is *always* in effect.

What was the result of man's disobedience after the first 1,500 to 1,600 years of human

existence? (Genesis 6:5) \_\_\_\_\_

What did God decide to do because of the violence that filled the earth? (Verse 6:13) \_\_\_\_\_

Cut off from God, man did not know the way that leads to peace and happiness. The result was chaos and confusion—a society so evil that God had to destroy all life by a worldwide flood.

Not long after the Flood, men began to follow the same evil ways of those who were destroyed in the Flood. Under the leadership of a great despot named Nimrod (Genesis 10:8-9), what did the people decide to do? (Genesis 11:4) \_\_\_\_\_

What did God do to prevent further work on the tower? (Verses 7-8) \_\_\_\_\_

Many years later, God began to work with one man. What was his name? (Genesis 12:1) \_\_\_\_\_

What did God promise him? (Verse 2) \_\_\_\_\_

What kind of man was Abram (whose name God later changed to Abraham) and why did God choose to bless him? (Genesis 26:5) \_\_\_\_\_

Abraham lived more than 400 years before Moses. Yet we learn that Abraham obeyed God's laws. The Sabbath, which had been instituted at creation, was one of the laws Abraham kept.

What was another of God's laws that Abraham understood and obeyed? (Genesis 14:20) \_\_\_\_\_

Many people believe the Ten Commandments were not given until the time of Moses. But the Ten Commandments and other laws of

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God were in force from creation. If you would like to read more about this important subject, write for the free reprint article, *Were the Ten Commandments in Force Before Moses?*

Between the time of Abraham and Moses, the nation God had promised to make of Abraham had its beginning. First Abraham and Sarah had a son, Isaac. Then Isaac and Rebekah had Jacob. And Jacob (God changed his name to Israel) had twelve sons whose descendants became known as the twelve tribes of Israel.

One of Jacob's sons, Joseph, was sold by his brothers as a slave. He was taken to Egypt where he eventually became second in command under Pharaoh. Because of a great drought, Jacob and his family, numbering fewer than a hundred at the time, moved to Egypt where God had inspired Joseph to save seven years' supply of food.

At first, the Israelites contributed noticeably to the Egyptian economy. They were proficient builders, farmers and herdsman. But after more than a century, a pharaoh rose to power in Egypt who did not know of Joseph nor the good things he had done. He feared the growing Israelite population and decided to enslave the people.

For nearly a century, the Israelites were slaves to the Egyptians, who did not worship the true God. The Egyptian calendar was quite different from the one God had given. Instead of a seven-day week, which God established at creation, the Egyptians had a ten-day week. They worshipped strange creatures like the half-man, half-lion sphinx. The tombs of the pharaohs and the hieroglyphic writings of ancient Egypt reveal many of the unusual customs observed by these ancient people.

The Israelites, as slaves of the Egyptians, were not permitted to worship the one true God. In time, they lost much of the knowledge they had of Him.

### **DELIVERANCE UNDER MOSES**

The time came for God to deliver His people

and lead them to the land He had promised Abraham. God sent ten destructive plagues upon the land of Egypt before Pharaoh finally let the Israelites go. God led them out of Egypt into the desert wilderness on their way to the Promised Land, the land of Canaan.

Since the Israelites had forgotten much of God's law, it had to be revealed to them. God chose an unusual, but effective way to reveal the correct day to observe the Sabbath.

When the Israelites were hungry and needed food, what miracle did God perform to feed them? (Exodus 16:4) \_\_\_\_\_

What were the Israelites to do on the sixth day of the week? (Verses 5, 22) \_\_\_\_\_

Then what happened on the seventh day—God's Sabbath? (Verses 23-26, summarize these verses) \_\_\_\_\_

What did the people do on the Sabbath? (Verse 30) \_\_\_\_\_

The children of Israel wandered forty years in the wilderness of Sinai before inheriting the Promised Land. How long did God continue to send them manna? (Joshua 5:12) \_\_\_\_\_

God stopped sending manna soon after the Israelites entered the Promised Land.

There could have been no doubt which day was the true Sabbath after forty years of manna appearing daily, except on the Sabbath, when it did not appear at all. Approximately how many times did this occur? 40 years x 52 Sabbaths per year (on the average) = \_\_\_\_\_

Within a few weeks after the Exodus, what great event took place? (Exodus 20, summarize what happened) \_\_\_\_\_

What is the fourth commandment that God thundered out from Mt. Sinai? (Exodus 20:8-11) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **THE SABBATH — A SPECIAL SIGN BETWEEN GOD AND HIS PEOPLE**

The nation of Israel was to become God's nation. Would the observance of the Sabbath day be a special sign of identification between God and His people? (Exodus 31:13) \_\_\_\_\_  
\_\_\_\_\_

How long was this sign to last? (Verses 16-17) \_\_\_\_\_  
\_\_\_\_\_

The Sabbath is very special to God. It is a memorial of creation, and a special sign identifying God as Creator and those who keep it as His people.

The Sabbath was to be a *perpetual* covenant between God and His people. Look up in a dictionary the word "perpetual" and write down the meaning. \_\_\_\_\_  
\_\_\_\_\_

God intended the Sabbath to be observed *forever!*

Israel was given this special sign. By keeping it they would be set apart as God's people.

### **ISRAEL DISOBEYED GOD**

After the land of Canaan was settled, the Israelites soon began worshipping false gods. What happened a few years after the death of Joshua? (Judges 2:10-13, summarize these verses) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What were conditions like nearly 400 years later? (Judges 21:25) \_\_\_\_\_  
\_\_\_\_\_

Finally, the Israelites set up a monarchy. Their first kings were Saul, David and Solomon. After the death of Solomon the kingdom split into two nations—Israel to the north and Judah to the south. Both nations soon began worshipping pagan idols.

God, through His prophets, first warned the people of Israel and then Judah that if they did not obey Him, they would suffer national captivity

What did the prophet Isaiah, who lived over 600 years before Christ, instruct the people regarding the Sabbath? (Isaiah 58:13-14) \_\_\_\_\_  
\_\_\_\_\_

In spite of all that God's prophets said or did, the people of Israel and Judah mostly failed to observe the Sabbath. Just as had been prophesied, the nations of Israel and Judah eventually went into captivity. Israel was taken captive by the Assyrians between 721-718 B.C., and Judah by the Babylonians between 604-585 B.C. Seventy years after the nation of Judah was taken captive, the Jews were permitted to return to their homeland.

Under the leadership of Ezra and Nehemiah,



Sabbath-keeping is a special sign between God and His People.

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the city of Jerusalem began to be rebuilt. These leaders knew the reason why the nation of Judah had gone into captivity. It was because the people had forsaken God's laws. They had broken the Sabbath, had not observed God's holy days, had not tithed and had worshipped idols. Ezra and Nehemiah taught the people God's laws and admonished them not to disobey God in the future.

What did Ezra do as the Jews began to resettle the land? (Nehemiah 8:1-2, write the main idea) \_\_\_\_\_

What did the people discover? (Verse 14) \_\_\_\_\_

And what did they do? (Verses 17-18) \_\_\_\_\_

The people eagerly kept the Feast of Tabernacles, one of God's Festivals which had not been properly kept for hundreds of years!

What else did the people learn about after the book of the law was read? (Nehemiah 9:14, read verses before and after to get a better idea of what is being discussed) \_\_\_\_\_

But what soon happened when the people settled into their everyday life after the captivity? (Nehemiah 13:15-16) \_\_\_\_\_

Nehemiah corrected the Sabbath breakers. From that time forward the Sabbath was more strictly observed by the Jews.

Sometime after the death of Ezra and Nehemiah, in an effort to avoid the mistakes of the past, the religious leaders began to enforce the Sabbath in a more vigorous manner. They added many strict rules about what could and could not be done on the Sabbath day, thus making it a burden to keep. It was into such a society that Jesus was born.

### **CHRIST KEPT THE SABBATH**

By the time Christ was born, most of the world from India to the Atlantic Ocean and from England to the Sahara desert had

been brought under the rule of the Roman Empire.

The Romans generally allowed the nations they conquered to continue their own religious worship. Thus the Jews in Christ's day were free to observe the Sabbath and the Holy Days.

Was it Christ's custom to regularly keep the Sabbath? (Luke 4:16) \_\_\_\_\_

What did He do while in Capernaum? (Verse 31) \_\_\_\_\_

The New Testament shows that Christ kept the Sabbath throughout His life. As we have already learned, He set an example for all to follow. If He had wanted to set an example for keeping Sunday, He certainly could have. But He kept the Sabbath perfectly every week, setting an example for us to do the same.

Christ showed that the Sabbath should not be a burden, as the religious leaders had made it. Time after time, the Pharisees tried to trap Jesus in alleged violations of their strict rules regarding the Sabbath.

On one occasion, Jesus and His disciples walked through a field on the Sabbath day and the disciples began to pluck and eat some of the heads of grain. God's law stated nothing about this being unlawful. This was one of the don'ts added by the religious leaders. To the Pharisees, plucking a few heads of grain on the Sabbath—even if one was hungry—was "work." Therefore, they determined it was unlawful.

What did Christ say about such over-strict observance of the Sabbath? (Mark 2:23-26, summarize these verses) \_\_\_\_\_

Here Christ was showing that God's law was not meant to be burdensome. What did Christ then say to the Pharisees? (Verses 27-28) \_\_\_\_\_

Christ showed that it is His right—not man's—to instruct us on just how to observe

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the Sabbath because, as we shall see, it was He who originally made the Sabbath!

What else did Jesus do on the Sabbath? (John 5:9) \_\_\_\_\_

Did the Jews agree with what he had done? (Verse 10) \_\_\_\_\_

The above are but a few of the many passages showing that Christ kept the Sabbath. He showed that it was made for the *benefit* of mankind. It was never intended to be a wearisome burden, as the Pharisees had made it!

### CHRIST THE CREATOR

A very important point to understand about the Sabbath is who made it in the first place. To do this we must understand who and what is God.

Do you know the Hebrew word for God in Genesis 1:1? It is *Elohim*, a plural word meaning Gods—more than one God! God is a *family*. Just as a family or church has more than one member, so there is more than one member in the God Family.

Are there currently *two* beings in the God Family? (John 1:1-2) \_\_\_\_\_

Who did the “Word” become? (Verse 14) \_\_\_\_\_

In the God Family, the Bible reveals there have always been *two* Personages. Today, they are known as the Father and the Son. But before His human birth, the Son (Jesus Christ) was called the Word.

The Greek word for the One called the Word is *logos*. It means “Spokesman.” What role did the Word have in the creation of all that exists? (John 1:3) \_\_\_\_\_

What did the Apostle Paul say about Christ and creation? (Ephesians 3:9) \_\_\_\_\_

Understanding that the Word—“Spokesman”—was the one who later became Jesus

Christ, how were the events of Creation Week (the renewing of the face of the earth after Satan’s rebellion—see earlier lessons) brought about? (Genesis 1:3, 6, 9, 11, 14, 20, 24) \_\_\_\_\_

The phrase “And God said, Let . . .” shows that the creation was done by proclamation. The Spokesman, the second member of the God Family, speaks only as the Father directs. God created all things *by* Jesus Christ. It was *Jesus* who spoke, and the work of creation was done by the power of God’s Spirit (Psalms 33:6-9; 104:30).

Then which Member of the God Family rested on the seventh day, thus setting aside or “making”, the first Sabbath mentioned in Genesis 2:2-3? \_\_\_\_\_

So if Christ had done away with the Sabbath during His ministry on earth or by His death, He would have done away with the day He set aside at creation!

Christ did not do away with God’s law or the Sabbath. In fact, what did He say in this regard? (Matthew 5:17) \_\_\_\_\_

### SABBATH KEPT BY THE NEW TESTAMENT CHURCH

The New Testament Church was established on the Day of Pentecost in A.D. 31. Christ had commissioned His apostles to go into the world and preach the Gospel of the Kingdom of God (Matthew 28:19-20; Mark 16:15).

For the next 30 years, we have the account of Peter, Paul and the other apostles preaching the Gospel to the Jews and Gentiles.

When arriving in a Gentile city he had not visited before, Paul would first speak to the Jews. The most effective way to reach them was on the Sabbath in the synagogue. In the synagogue were usually a number of Gentiles who had converted to Judaism. What were these Gentile converts called? (Acts 13:43) \_\_\_\_\_ Paul usually found that only





H. Armstrong Roberts

Sunday is observed by many because of the traditions established by men.

a few of the Jews who heard him believed God's truth. But among the Gentiles who heard him, there were many who believed.

Was it Paul's "manner," even as it was Christ's custom (Luke 4:16), to keep the Sabbath? (Acts 17:2) \_\_\_\_\_

In what city was Paul at this time? (Verse 1) \_\_\_\_\_

Some people who observe Sunday say that Paul only observed the Sabbath when he was among the Jews. But Thessalonica was a city in Macedonia. It was not a Jewish city. Many of the Gentiles who heard Paul preach on the Sabbath days believed God's truth (verse 4).

Are there other examples of Gentiles observing the Sabbath with Paul? (Acts 13:42, 44) \_\_\_\_\_

Here in the city of Antioch in Pisidia (verse 14), there were large numbers of Gentiles who wanted to hear more of God's truth. Had Paul wanted to instruct them not to keep the Sabbath, this was the time.

Yet Paul never once told these Gentiles they should start meeting on the following day—

Sunday. As verse 44 shows, on the *next Sabbath* they came together to hear Paul preach.

The above scriptures show that the apostles and early New Testament Church kept the seventh-day Sabbath—just as Christ had done years earlier.

### HOW SUNDAY OBSERVANCE ORIGINATED

We have learned that God set aside the seventh day—the Sabbath—at the end of Creation Week to be observed forever. Later, the Sabbath was codified as one of the Ten Commandments during the time of Moses.

Christ kept the Sabbath.

The apostles and the early New Testament Church kept the Sabbath.

Why then do many churches today keep Sunday? As we have seen, there is no scriptural basis for doing so. Let's learn when and how these churches began keeping Sunday instead of God's Sabbath.

Who deceived the woman (I Timothy 2:14) in the Garden of Eden? (Genesis 3:1) \_\_\_\_\_ Who is this serpent and what has he been doing for the nearly 6,000 years of human existence? (Revelation 12:9) \_\_\_\_\_

What else is revealed in the Bible about Satan and who he is? (II Corinthians 4:4) \_\_\_\_\_

One of Satan's great deceptions has been to deceive many into keeping Sunday as a day of worship in place of God's true Sabbath—the seventh day of the week.

But why did Satan choose Sunday—the "day of the sun"?

What was Satan's name before he rebelled against God? (Isaiah 14:12) \_\_\_\_\_

His original name in Hebrew meant "Light-Bringer"—*Lucifer* was his name in Latin. Lucifer was the shining star of the morning—a bringer of light! Doesn't it make sense that he would want people to

worship and honor him on a day he inspired to be named after light?

In earlier lessons, we learned that Nimrod, who lived shortly after the Flood, set up a whole system of pagan worship centered around the worship of the sun. Through this man, God's true religion was set aside and pagan idolatry became the dominant religion on the earth.

At the time of the Tower of Babel, God confused the languages and scattered the people to various parts of the earth (Genesis 11:7-8). Most people continued in the pagan sun-worship they had learned.

How, then, and when did the church called "Christian" begin to observe Sunday instead of the Sabbath?

Quoting from *The Schaff-Herzog Encyclopedia of Religious Knowledge*, Vol. III, 1884, pp. 2259-60, art. "Sunday," "Sunday (*dies solis*, of the Roman calendar, 'day of the sun,' because dedicated to the sun), the first day of the week, was adopted by the early Christians as a day of worship... It was called the 'Lord's Day'... No regulations for its observance are laid down in the New Testament, nor, indeed, is its observance even enjoined...."

If Sunday worship is not even mentioned in the Bible, why then do many churches observe it?

After the deaths of Peter, James and Paul, the organized preaching of the true Gospel Christ brought practically came to a halt. The Apostle John lived till the turn of the first century. Writing in the 90s A.D., did John warn members of God's true Church about those who were attempting to deceive them with false doctrines? (II John 7-10, summarize these verses) \_\_\_\_\_

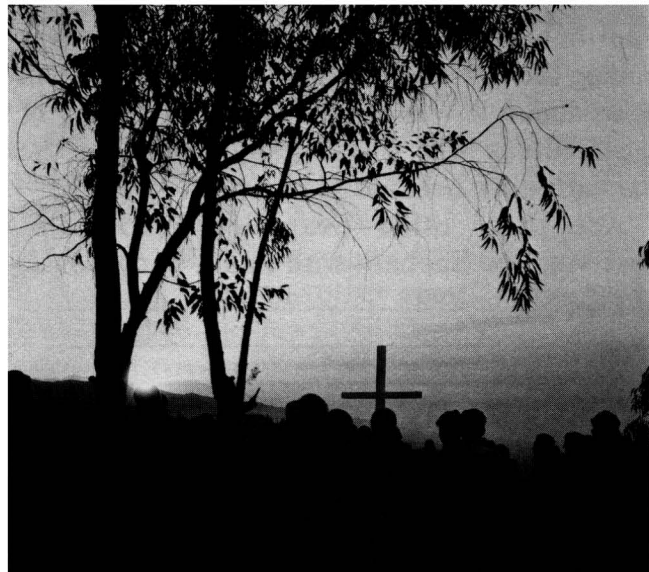
Did Jude write that false teachers had crept into the Church? (Jude 4) \_\_\_\_\_

Over the years, pagan doctrines and false teachings were brought into the New Testament Church. True Christians were eventually put out (notice III John 9-10). A false, pagan "Christianity" became dominant. (A future lesson will cover this subject in greater detail.)

By the early 300s A.D., Constantine became emperor of the Roman Empire. He adopted this false form of Christianity as his religion. At this time, there was a controversy as to whether Sunday should replace the Sabbath as the day of worship.

To settle the Sabbath versus Sunday controversy, Constantine, who had been a sun worshipper, in A.D. 321 issued the following state decree: "On the venerable day of the *sun* [Sunday] let the magistrates and people residing in cities *rest*, and let all workshops be closed" (Codex Justinianus, lib. 3, tit. 12:3; translated in *History of the Christian Church*, by Schaff, Vol. III, 1950, p. 380).

What was Constantine's specific purpose for making this decree? "It was his mode of harmonizing the discordant religions of the Empire under one common institution" (*Lectures on the History of the Eastern Church*, by Dean Arthur P. Stanley, 1864, p. 291).



Without realizing it, people really worship the sun, not Christ, at Easter Sunrise Services.

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Thus Sunday became the harmonizing factor and was established as the official day of worship. Later Catholic counsels in Nicaea (A.D. 325) and Laodicea (A.D. 343-381) more firmly established the official doctrine of holidays and Sunday observance.

### SABBATH TO BE KEPT TODAY

Did the Apostle Paul mention the seventh-day Sabbath in his writings? (Hebrews 4:4) \_\_\_\_\_

Did Paul say the Sabbath was abolished, or is it still to be kept today? (Verse 9) \_\_\_\_\_

The Greek word for "rest" in this verse is *Sabbatismos*. It means "keeping of a Sabbath." Paul literally said, "There remaineth therefore a *keeping of a Sabbath* to the people of God." That is certainly proof in the New Testament that the Sabbath had not been abolished.

In the fourth chapter of Hebrews, the Sabbath is pictured as a type of the peaceful "rest" on earth which will follow Christ's return. This will be during the Millennium, which will last 1,000 years (Revelation 20:4).

Under Christ's rule during the Millennium, all nations will be taught God's laws—to obey and worship Him. Will God's annual Festivals (and certainly His weekly Sabbath too) be observed? (Zechariah 14:16) \_\_\_\_\_

What will happen to the nations if they decide not to keep God's Festivals? (Verses 18-19) \_\_\_\_\_

Does the prophet Isaiah also indicate the Sabbath will be kept during the Millennium? (Isaiah 66:23) \_\_\_\_\_

When the government of God is set up on earth and Christ rules for 1,000 years, the weekly and annual Sabbaths will be observed by the whole world!

### HOW TO OBSERVE THE SABBATH

God made the Sabbath a day of rest and rejoicing! How then does He want us to observe the Sabbath?

There are several important points we must be aware of when we keep the Sabbath. First of all, what are we commanded *not* to do on the Sabbath? (Deuteronomy 5:14) \_\_\_\_\_

What else should we *not* do on the Sabbath? (Isaiah 58:13, first part of verse) \_\_\_\_\_

What is one thing we should *do* on the Sabbath? (Leviticus 23:3, middle part of verse) \_\_\_\_\_

The Sabbath is a day of rest and "holy convocation" which means we should attend church services. How does God want us to view and keep the Sabbath? (Isaiah 58:13, last part of verse) \_\_\_\_\_

This should set the tone for how we observe the Sabbath each week.

God commands us not to do our regular work on the Sabbath day. We must not pursue *our own* interests and pleasures. Hobbies, special interests, sports and other recreation are for the first six days of the week—not the Sabbath! (Since God's days begin at sunset, we should keep God's Sabbath beginning Friday evening at sunset and ending Saturday evening at sunset.)

During the Sabbath you can have additional time to think more about God, to pray and worship Him. You have extra time to read and study the Bible with your family, to grasp more fully our awesome potential of one day becoming members of God's Family. You can get a full day's rest and fellowship with friends at church services.

Remember: It is a blessing to keep God's Sabbath day holy—the day that reminds us of His great plan for mankind. Be sure to always rejoice and delight in God's Sabbath!

**BIBLE MEMORY**

Genesis 2:2-3

Mark 2:27

Exodus 31:13-17

Luke 4:14-16

Isaiah 58:13-14

Acts 17:2

## REMEMBER THE SABBATH DAY

Complete each of the following sentences by filling in the blanks with the correct words. Then, transfer the numbered letters to the blanks at the bottom of the page to find out what your assignment is.

1. The Sabbath was \_\_\_\_\_ by God.  
59
2. God set the \_\_\_\_\_ day aside as a day of rest and worship for the \_\_\_\_\_ of all mankind.  
6 61 4 60 5 35 3
3. When God rested on the \_\_\_\_\_ day, He was setting an \_\_\_\_\_ for mankind.  
7 63 8 12 15 37 51
4. The \_\_\_\_\_ calendar had a \_\_\_\_\_-day week instead of a \_\_\_\_\_-day week.  
16,31 11 21 13
5. \_\_\_\_\_ perfectly kept the Sabbath every week throughout His life. He showed us that the Sabbath should not be a \_\_\_\_\_.  
56 10 14 18 20 2 65
6. \_\_\_\_\_ is a Greek word meaning \_\_\_\_\_.  
19 23 32 36
7. \_\_\_\_\_, formerly \_\_\_\_\_, which means \_\_\_\_\_, is the one who has deceived the world into believing God's Sabbath is on \_\_\_\_\_.  
58 17 62 33 34 39 22 38 27 30 25,42,49
8. Sunday means "\_\_\_\_\_."  
54 28 40,67 26 41 64 50 29
9. On the Sabbath day, we must not \_\_\_\_\_ nor seek our own \_\_\_\_\_.  
1,24 43 47,48 66 52
10. The Sabbath is a day of \_\_\_\_\_ and holy \_\_\_\_\_ in which we should rejoice.  
57 55 45 9 46 44 53

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49

50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67