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to keep the seventh; but we are nowhere commanded to keep the first day. The reason why we keep the first day of the week holy instead of the seventh is for the same reason that we observe many other things, not because the Bible, but because the church, has enjoined it." Isaac: Williams, Plain Sermons on the Catechism, Volume 1, Pages 334-336.

"The day called 'Sabbath' by both Jewish and Christian writers is not Sunday, but the day previous-that is, Saturday. There is no indication whatever that the apostles in any sense substituted the Christian Sunday for the Jewish Sabbath; no trace of any such transference is to be found in history. And there is nothing in Holy Scripture or in early Christian history to identify Sunday with the Sabbath, or to make the fourth commandment a mere precept for the observance of Sunday." - Vernon Staley, The Seasons, Fasts, and Festivals of the Christian Year, page 54.

"The reason we observe the first day instead of the seventh is based on no positive command. One will search the Scriptures in vain for authority for changing from the seventh day to the first." - Clovis G. Chappell, Ten Rules for Living, page 61.

"The Sabbath was founded on a specific divine command. We can plead no such command for the obligation to observe Sunday." - R. W. Dale, The Ten Commandments, page 100.

22. What must all true Protestants do with doctrines founded on the authority of tradition as against the Bible?

They must reject them and take their stand on the Bible only.

NOTE. The Bible, I say, the Bible only, is the religion of Protestants! [quoting William Chillingworth]. Nor is it of any account in the estimation of the genuine Protestant how early a doctrine originated, if it is not found in the Bible. He learns from the New Testament itself that there were errors in the time of the apostles, and that their pens were frequently employed in combating those errors. Hence if a doctrine be propounded for his acceptance, he asks, Is it to be found in the Inspired Word? Was it taught by the Lord Jesus Christ, and His apostles? . . . If it is not found in the Sacred Scriptures, it presents no valid claim to be received as an article of his religious creed."-John Dowling, The History of Romanism, book 2, chapter 1, section 3.

23. How urgent is the call to walk in the light of God's truth?

"Walk while you have the light, lest darkness come upon you." John 12:35.

How to Keep Christ's Day

1. How are the first six days of the week to be occupied?

"Six days shall thou labor, and do all thy work." Exodus 20:9.

2. How is the seventh day to be distinguished from the six working days?

"Six days shall work be done: but the seventh day is the Sabbath of rest, an holy convocation; you shall do no work therein." Leviticus 23:3.

3. Should the Sabbath be strictly observed even under pressure of work?

"Six days thou shall work, but on the seventh (lay thou shall rest: in caring time and in harvest thou shall rest." Exodus 34:21.

4. Besides work on the land what other activities are to cease on the Sabbath?

"Tomorrow is the rest of the holy Sabbath unto the Lord: bake that which you will bake today, and seethe that you will seethe; and that which remains over lay up for you to be kept until the morning." Exodus 16:23. If the people of the land bring ware or any victuals on the Sabbath day to sell, we would not buy it of them on the Sabbath." Nehemiah 10:31.

5. On whom is the obligation to observe the Sabbath rest enjoined?

"But the seventh day is the Sabbath of the Lord thy God: in it thou shall 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." Exodus 20:10.

6. When do the Sabbath hours begin and end?

"From even unto even. shall you celebrate your Sabbath." Leviticus 23:32.

7. Where does this division of the days originate?

"God called the light Day, and the darkness He called Night. And the evening and the morning were the first day." Genesis 1:5. See also verses 8, 13, 19, 23, 31.

8. In what reverence are the Sabbath hours to be held?

"Remember the Sabbath day, to keep it holy." Exodus 20:8. "They shall hallow My Sabbaths." Ezekiel 44:24. "Keep the Sabbath day to sanctify it, as the Lord thy God hath commanded thee." Deuteronomy 5:12.

NOTE "Breaking the fourth commandment is not like breaking sonic of the other commandments. One man may kill another in a fit of anger; he may rashly take the name of God in vain; or he may suddenly be overcome by a great pass ion. But not so with failure to keep the fourth commandment. Sabbath breaking does not have the excuse of sudden passion or of inordinate desire. It is not like a great sin or a destructive habit. It is rather a symptom of spiritual decline, of departure from God, of estrangement from the promise, of a sickly Christian experience. It signalizes a departure from spiritual life and holy living, and promotes the separation of the soul from God. Sabbath keeping is a spiritual barometer, a sign of sanctification, a gauge of our friendship and fellowship with God." - M. L. Andreasen, The Sabbath, pages 26, 27.

9. How was the Sabbath employed in Israel?

"The seventh (lay is the Sabbath of rest, an holy convocation." Leviticus 23:3.

10. What example did Jesus set of proper Sabbath observance?

"He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day." Luke 4:16.

NOTE – "It is of vast importance that the public worship of God should be maintained; and it is our duty to assist in. maintaining it, to show by our example that we love it, and to win others also to love it." - Albert Barnes, Notes, comment on Luke 4:16.

11. How is the church of the last days exhorted?

"Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as you see the day approaching." Hebrews 10:25.

12. What record is kept in the books of heaven?

"Then they that feared the Lord spoke often one to another: and the Lord hearkened, and heard it, and a book of remembrance was written before Him for them that feared the Lord, and that thought upon His name." Malachi 3:16.

13. Besides worship, what other occupations are perfectly proper on the Sabbath day?

"It is lawful to do well on the Sabbath days." Matthew 12:12.

14. What typical good works did Jesus do on the Sabbath?

"It was the Sabbath day when Jesus made the clay, and opened his eyes." John 9:14. "Then said He to the man, Stretch forth your hand. And he stretched it forth; and it was restored whole, like as the other." Matthew 12:13.

15. In order that the Sabbath may be a day of physical rest and spiritual blessing for all, what preparation is necessary on the previous day?

"It shall come to pass, that on the sixth day they shall prepare that which they bring in." "Tomorrow is the rest of the holy Sabbath unto the Lord." Exodus 16:5, 23.

NOTE "The day before the Sabbath should be made a day of preparation, that everything may be in readiness for its sacred hours. In no case should our own business be allowed to encroach upon holy

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time. Many carelessly put off till the beginning of the Sabbath little things that might have been done on the day of preparation. This should not be. Work that is neglected until the beginning of the Sabbath should remain undone until it is past. This course might help the memory of these thoughtless ones, and make them careful to do their own work on the six working days." - E. G. White, Patriarchs and Prophets, page 296.

16. What special name is, therefore, given to the sixth day of the week?

"Now when the even was come, because it was the preparation, that is, the day before the Sabbath, Joseph of Arimathaea went in boldly unto Pilate, and craved the body of Jesus." Mark 15:42, 43. "That day was the preparation, and the Sabbath drew on." Luke 23:54.

17. While God indicated specifically how the Sabbath should be kept, for whose benefit was the day intended?

"He said unto them, The Sabbath was made for man, and not man for the Sabbath." Mark 2:27.

18. If we observe it as God intended, what joy shall we find in its sacred hours?

"This is the day which the Lord hath made; we will rejoice and be glad in it." Psalm 118:24.

6. Earth's Greatest Moment

Man's Only Hope

1. FOR what purpose did Jesus come to dwell among men?

"The Son of man is come to seek and to save that which was lost." Luke 19:10.

2. As He hung on the cross, what triumphant claim was the Son of God able to make concerning His earthly mission?

"When Jesus therefore had received the vinegar, He said, It is finished: and He bowed His head, and gave up the ghost." John 19:30.

3. Since His return to heaven, what further phase of His work has occupied Jesus?

"We have such an high priest, who is set on the right hand of the throne of the Majesty in the heavens." Hebrews 8:1. "He ever lives to make intercession." Hebrews 7:25.

4. By what act will the great plan of salvation be consummated?

"So Christ was once offered to bear the sins of many; and unto them that look for Him shall He appear the second time without sin unto salvation." Hebrews 9:28.

NOTE – "The whole of history before Christ gravitates towards His appearance in time. That is the watershed of world history. Since the life of Christ on earth, the world moves on to its climax in the Second Coming of Christ, when He will exercise judgment and wind history up. From zero to the appearance of Christ in Judea; from the appearance of Christ as a man in Judea to His reappearance at the consummation of history as Lord and Judge of all mankind-that is the real clue to world development."-D. R. Davies, On to Orthodoxy, pages 143, 144.

5. What solemn promise to this effect did Jesus give His disciples before He left them?

"I will come again, and receive you unto Myself; that where 1 am, there you may be also." John 14:3.

6. How long has the hope of the Lord's coming in triumph been cherished by His people?

"Enoch also, the seventh from Adam, prophesied of these, saying, Behold, the Lord comes with ten thousands of His saints, to execute judgment upon all." Jude 14, 15.

NOTE-Actually the hope may be traced back to Eden, for the promise in Genesis 3:15 is of the