

**12. What is the character of God, and how only can He be truly worshiped?**

"God is a \_\_\_\_: and they that. worship Him must worship Him in \_\_\_\_ and in \_\_\_\_." **John 4:24**

**NOTE:** This is one reason why the attempt to produce Sabbath-keeping by human Sabbath laws is altogether out of place. Such laws can never produce true Sabbath-keeping, for that is *spiritual*, and must be of the *mind* and from the *heart*, and not *perfunctory*, *mechanical*, nor of *force*.

**13. What is one thing for which God has given the Sabbath to be a sign?**

That He \_\_\_\_ His people, or makes them holy. **See Exodus 31:13; Ezekiel 20:12**

**14. What does the "psalm for the Sabbath day" suggest as proper acts and themes for thought and meditation on the Sabbath?**

"It is a good thing to give \_\_\_\_ unto the Lord, and to \_\_\_\_ praises unto Thy name, O Most High: to show forth Thy **loving-kindness** in the morning, and Thy **faithfulness** every night, upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound. For Thou, Lord, hast made me glad through Thy work: I will triumph in the \_\_\_\_ of Thy hands. O Lord, how great are Thy \_\_\_\_! and Thy thoughts are very deep." **Psalms 92:1-5**

**15. What do the works of God declare?**

"The heavens declare the \_\_\_\_ of God; and the firmament sheweth His \_\_\_\_\_. Day unto day uttereth speech, and night unto night sheweth knowledge. There is no speech nor language, where their voice is not heard." **Psalms 19:1-3**



## The Foundation Bible Lessons

### PART 9:

## The Sabbath

**Topic: Manner of Observing the Sabbath**

**Lesson: 94**

**Part A**

**Volume: 9**



### MISSION STATEMENT

Foundation Progressive Sabbath Advent Ministries (FPSAM), Inc. exists to build upon the four **PILLARS** (**Mental**, **Physical**, **Spiritual** and **Social**) that **GUIDED** Jesus' life.

#### VISION

All Foundation Progressive Sabbath Advent Ministries (FPSAM), Inc. members will use the four pillars to establish and build their personal life and that of others.

#### SLOGAN

"Don't Accommodate Eliminate"

#### MOTTO

"Building on FOUR"

#### TEXT

"And Jesus increased in wisdom (Mental) and stature (Physical & Spiritual), and in favor with God (Spiritual) and man (Social)." **Luke 2:52**

#### WEBSITE

**www.fpsam.org**

**1. What is first commanded in the Sabbath commandment?**

"\_\_\_\_\_ the Sabbath day." **Exodus 20:8**

**2. Which day is the Sabbath?**

"The \_\_\_\_\_ day is the Sabbath." **Exodus 20:10**

**3. For what purpose are we to remember the Sabbath day?**

"Remember the Sabbath day, to \_\_\_\_\_ it \_\_\_\_\_." **Exodus 20:8**

**NOTE:** All through the week the keeping holy of the Sabbath day is to be remembered, or borne in mind. No business contracts or arrangements are to be made, no manner of living indulged in, which will prevent or interfere with the proper or holy observance of the day when it comes. The keeping of this commandment, therefore, is in the interests of, and with a view to, holy living *all the time*. The *commandment itself* enjoins a duty, and is to be kept, all through the week; the *Sabbath* is to be kept when it comes. The Sabbath commandment, therefore, like every other precept of the decalogue, but contrary to the conception of many, is to be kept *all the time*, and not simply one day in the week. In this matter we should distinguish between the *Sabbath* and the *Sabbath commandment*.

**4. Who made the Sabbath day holy?**

"Wherefore the \_\_\_\_\_ blessed the Sabbath day, and \_\_\_\_\_ it." **Exodus 20:11**

**NOTE:** God *made* the Sabbath day holy; we are to *keep* it holy.

**5. What is it that makes a thing holy?**

God's *presence* in it. **See Exodus 3:5; Exodus 29:43-46; Joshua. 5:13-15**

**6. Then in order to keep the Sabbath day holy, what must be recognized?**

God's *presence* in the day; His *blessing* upon it; and His *sanctification* of it.

**7. When, according to the Bible, does the Sabbath begin?**

"And the *evening* and the morning were the first day."

"And the *evening* and the morning were the second day," etc. **See Genesis 1:5, 8, 13, 19, 23, 31**

**NOTE:** The evening begins "at the going down of the sun." **See Deuteronomy 16:6; Mark 1:32; Deuteronomy 23:11; 1 Kings 22:35-36; 2 Chronicles 18:34**

**8. Does the Bible recognize this as the proper time for beginning and ending the Sabbath?**

"From \_\_\_\_\_ unto \_\_\_\_\_, shall ye celebrate your Sabbath." **Leviticus 23:32**

**NOTE:** One great advantage of keeping the Sabbath according to the Bible method of reckoning the day, that is, from sunset to sunset, over keeping it according to the Roman reckoning, or from midnight to midnight, is that by the former one is awake to welcome and to bid adieu to the day when it comes and goes, while by the latter he is asleep when the day begins and ends. God's ways are always best. The setting of the sun is a great natural sign for marking the division of time into days.

**9. What kind of labor is to be done through the week?**

"Six days shalt thou labor, and do all *thy* \_\_\_\_\_." **Exodus 20:9**

**10. Is any of this kind of work to be done on the Sabbath?**

"In it thou shalt not do *any* \_\_\_\_\_." **Exodus 20:10**

**NOTE:** If the Sabbath is to be kept "holy," mere physical rest one day in seven cannot be the great object of the Sabbath institution.

**11. How does the Lord, through the prophet Isaiah, indicate what is true Sabbath-keeping?**

"If thou \_\_\_\_\_ away *thy* \_\_\_\_\_ from the Sabbath, from doing *thy* \_\_\_\_\_ on My holy day; and call the Sabbath a \_\_\_\_\_, the holy of the Lord, honorable; and shalt honor Him, not doing *thine* \_\_\_\_\_ ways, nor finding *thine own* \_\_\_\_\_, nor \_\_\_\_\_ *thine own words*: then shalt thou \_\_\_\_\_ *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**

**NOTE:** "Whether the Sabbath becomes a delight or a burden depends upon the spirit with which a man meets it. Indeed, the spirit of the man settles the question as to the benefits to come from any duty he may perform. One man cannot understand why his neighbor should prefer the park or the ball ground to the church, simply because his spirit is different. He has cultivated the higher nature until he loves spiritual things above all others, and to him the Sabbath is indeed a delight. It comes to his weary soul as a reminder of God, and brings him nearer to heaven in heart and mind than does any other day." **Sabbath Recorder, Dec. 12, 1910**