

Lesson: 94 **Manner of Observing the Sabbath** **Part B** Volume: 9

HOLY DAY, JEHOHAV'S REST. Written by *F.E. Belden*
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Holy Day, Jehovah's rest,
of creation's week the best;
Last of all the chosen seven,
Blessed of God, to man 'twas given.

Refrain

Welcome, welcome, welcome, welcome
Glad we hail it's presence blest,
'Tis the great Jehaovah's rest

First His six days' work was done,
then the Sabbath was begun;
thus He blessed the seventh day,
thus in resting we obey.

Thousands have His plan reversed,
resting now upon the first;
Search the Book and you will know,
there's no scripture tells them so.

All who speak the truth must say,
it was man who changed the day;
In God's word no change appears,
through the whole six thousand years.

Thus I searched; and when I saw;
only one great Sabbath law;
then I hastened to obey—
plainy 'twas the only way.

FOUNDATION PROGRESSIVE SABBATH ADVENT MINISTRIES
(FPSAM), Inc.

The Foundation Bible Lessons

PART 9:

The Sabbath

Topic: Manner of Observing the Sabbath

Lesson: 94

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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

NOTE: God designed that the Sabbath should direct the minds of men to His created works, and through these to Him, the Creator. Nature itself speaks to our senses, telling us that there is a God, the Creator and Supreme Ruler of the universe. The Sabbath, ever pointing to God through nature, was designed to keep the Creator constantly in mind. The proper keeping of it, therefore, must naturally tend to prevent idolatry, atheism, agnosticism, infidelity, irreligion, and irreverence; and, being promotive of the knowledge and fear of God, must of necessity be a deterrent to sin. In this may its value and importance be seen.

16. Was the Sabbath designed to be a day for public worship?

"Six days shall work be done: but the seventh day is the Sabbath of rest, *an holy* _____." **Leviticus 23:3**

NOTE: The word convocation means "a calling together," and is always used in the Bible with reference to meetings of a religious character.

17. What example did Christ set in Sabbath observance?

"And as His custom was, *He went into the* _____ *on the* _____ *day, and stood up for to read.*" **Luke 4:16**

18. What else did Jesus do on the Sabbath?

"And it was the Sabbath day when Jesus *made the* _____, *and* _____ *his* _____." **John 9:14**

NOTE: A large share of Christ's ministry consisted of miracles and acts of mercy performed for the relief of suffering humanity; and not a few of these were done on the Sabbath. On this day, as on other days, He "went about doing good."

19. With what words did He justify acts of mercy on the the Sabbath day?

"Wherefore it is _____ to do well on the Sabbath days." **Matthew 12:12**



NOTE: Not a little of Christ's earthly ministry was devoted to uplifting the Sabbath, and showing the beneficent character of the Sabbath institution. It was not meant to be a day of sorrow, austerity, or gloom. Disinterested works of love and mercy toward man or beast are always in place on the Sabbath. *Lawful* means "according to law."

20. What day is especially indicated as the day to prepare for the Sabbath?

"And that day [the sixth day] was *the* _____, and the Sabbath drew on." **Luke 23:54** See also **Exodus 16:22-23**

NOTE: In order to keep the Sabbath day holy, it must be remembered all through the week; and on the sixth day, or the day just before the Sabbath, special preparation should be made *to be ready* to welcome and observe the day when it comes.

21. How did the Israelites in the wilderness on the sixth day prepare for the Sabbath?

"And it came to pass, that *on the* _____ *day they gathered* _____ *as much* _____, two omers for one man." **Exodus 16:22**

NOTES: The Sabbath should not be a day of either ordinary labor, idleness, or **amusement**, but one of rest, reflection, holy joy, worship, and helpfulness. It should be the happiest, the brightest, and the best of all the week. Such it should be made for young and old. Very early the children can be taught the stories of creation and redemption, and taken out amid the handiworks of God and taught to see Him and to commune with Him through nature. Preparation for the Sabbath, therefore, is an essential to its proper observance. God's blessing is upon the first moments of the Sabbath as well as upon the last; and, as far as possible, everything should be got in readiness so that the entire day may be devoted to God and humanity in the manner indicated.

In making the Sabbath, God rested upon, blessed, and sanctified the day. **Exodus 20:11**. Whoever, then, keeps the Sabbath aright, may expect that there will be brought into his life God's **rest, blessing, and sanctification**.

