

CHURCH RESEARCH PROJECT REPORT

“Remember the Sabbath Day, to Keep it Holy!”

A valuable study in Sabbath Keeping

Most of us understand “Corporate Accountability.” For anyone that is in a leadership position there rest a great responsibility for him or her. When error comes into their ranks, when sin exists – they are responsible to address it and have it corrected and removed. As a watchman I am held responsible for existing sins in the church when realized.

Patriarchs and Prophets pg. 576 “Those who have too little courage to reprove wrong, or who through indolence or lack of interest make no earnest effort to purify the family or the church of God, are held accountable for the evil that may result from their neglect of duty. We are just as responsible for evils that we might have checked in others by exercise of parental or pastoral authority as if the acts had been our own.”

What are our working orders? What have we been instructed to do?

Isaiah 58:1 “Cry aloud, spare not, lift up thy voice like a trumpet, and show my people their transgression, and the house of Jacob their sins.”

Jeremiah 7:2 “Stand in the gate of the LORD's house, and proclaim there this word, and say, Hear the word of the LORD, all [ye of] Judah, that enter in at these gates to worship the LORD.”

Ezekiel 3:5 “For thou [art] not sent to a people of a strange speech and of an hard language, [but] to the house of Israel;”

Messages of reproof and warning do not only come to those that don't know the truth, but to those that should already know – but for whatever reason, have back slide.

Ezekiel 3:17 “Son of man, I have made thee a watchman unto the house of Israel: therefore hear the word at my mouth, and give them warning from me.

3:18 When I say unto the wicked, Thou shalt surely die; and thou givest him not warning, nor speakest to warn the wicked from his wicked way, to save his life; the same wicked [man] shall die in his iniquity; but his blood will I require at thine hand.”

Do you want to be held responsible for not telling someone, not warning someone of impending destruction and punishment? Is this what you want to be laid up to your charge?

2 Selected Messages pg. 70-71 “Those who in mind and heart are turning away from the Lord's special work for this time, those who do not cooperate with Him in establishing souls in the faith by leading them to heed His words of warning, are doing the work of the enemy of Christ....

When the Lord gives a man message, He gives with it something whereby His people may know that the message is from Him. God does not ask his people to believe everyone who comes to them with a message.

The Lord sends warnings to His people, not to destroy them, but to correct their errors....

We are living in perilous times. From the light I have, I know that Satan is trying to bring in that which will make people think they have a wonderful work to do. But when God gives a man a message, that man, by his meekness and lowliness, will give evidence that God is working through him. God lives and reigns, and He desires us to walk before Him in humility. He does not wish this man N to force himself before a congregation....

We are not going to be interrupted in meeting after meeting by those who claim they have a message to deliver. He who presses himself forward into a place where he is not wanted is not doing the work of God. We are to work like soldiers in an army. We are not to step out of the ranks, and begin to work on our own account.--Manuscript 30, 1901."

I do not want to be held responsible for the open sins existing in the church. Sometimes we as Adventist forget the meaning of the Sabbath day. We've been Adventist for so many years that as growing up in the church we see other members doing things on Sabbath, the Deacon, the Sabbath School teacher, the school teacher or the Head Elder and even the pastor doing things on Sabbath that we never even questioned them on because we thought "surely if the pastor is doing it, then it must be o.k. for me to do it also." But is that always a wise conclusion.

2 Timothy 2:15 "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

To study ourselves sometimes seems to be asking a whole lot out of is. Is it important for us to know – or look to find out for ourselves?

Testimonies Vol. 5 pg. 624-25 "We have much to answer for, considering our superior advantages and knowing that we must be judged by the light and privileges the Lord has granted us. We cannot plead that we are less favored with light than that people who have been for ages an astonishment and a reproach to the world. We cannot expect judgment to be given in our favor because, like Capernaum, we have been exalted to heaven. The Lord has wrought for His commandment-keeping people. The light that has reflected to us from heaven was not granted to Sodom and Gomorrah, or they might have remained unto this day; and if the mighty works and knowledge and grace which have been manifested to this people had been made known to the nations in darkness, we know not how far in advance of this people they might now be. We cannot determine how much more tolerable it would be for them in the day of judgment than for those who have had the clear light of truth shining upon them as you have had, but through some inexplicable cause have turned from the holy commandment delivered to them. We can only point to your case with sorrow, as a beacon of warning. "Let him that thinketh he standeth take heed lest he fall." The Lord seeth not as man seeth. His thoughts and ways are not what blind, selfish men believe they are or wish them to be. The Lord looks on the heart and works in and with His creatures to will and to do whatever He commands or requires of them, unless they reject His counsel and refuse to be obedient to His commandments."

The Sabbath must be proclaim more fully – but before this can happen we must thoroughly understand what we are proclaiming, we must live what we will and should be proclaim – a life that proclaims the truth we are preaching.

Early Writings pg. 33 "I saw that God had children who do not see and keep the Sabbath. They have not rejected the light upon it. And at the commencement of the time of trouble, we were filled with the Holy Ghost as we went forth and proclaimed the Sabbath more fully. This enraged the churches and nominal Adventists, as they could not refute the Sabbath truth. And at this time God's chosen all saw clearly that we had the truth, and they came out and endured the persecution with us. I saw the sword, famine, pestilence, and great confusion in the land. The

wicked thought that we had brought the judgments upon them, and they rose up and took counsel to rid the earth of us, thinking that then the evil would be stayed."

Just because we may keep the Sabbath day, coming to church, doing all the right things and know all the prophecies does not guarantee a place in God's kingdom.

Matthew 7:21 "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.

7:22 Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?

7:23 And then will I profess unto them, I never knew you: depart from me, ye that work iniquity."

Christian Experience and Teachings of E.G. White pg. 189 "Not all who profess to keep the Sabbath will be sealed. There are many even among those who teach the truth to others who will not receive the seal of God in their foreheads. They had the light of truth, they knew their Master's will, they understood every point of our faith, but they had not corresponding works. These who were so familiar with prophecy and the treasures of divine wisdom, should have acted their faith. They should have commanded their households after them, that by a well-ordered family they might present to the world the influence of the truth upon the human heart.

Not one of us will ever receive the seal of God while our characters have one spot or stain upon them. It is left with us to remedy the defects in our characters, to cleanse the soul-temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the day of Pentecost.

We are too easily satisfied with our attainments. We feel rich and increased with goods, and know not that we are "wretched, and miserable, and poor, and blind, and naked." Revelation 3:17. Now is the time to heed the admonition of the True Witness: "I counsel thee to buy of Me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see." Verse 18."

This is why it is so important for us to individually know the truths for ourselves and not rely on someone else's interpretation of the scriptures.

Luke 6:46 And why call ye me, Lord, Lord, and do not the things which I say?

6:47 Whosoever cometh to me, and heareth my sayings, and doeth them, I will show you to whom he is like:

6:48 He is like a man which built an house, and digged deep, and laid the foundation on a rock: and when the flood arose, the stream beat vehemently upon that house, and could not shake it: for it was founded upon a rock.

6:49 But he that heareth, and doeth not, is like a man that without a foundation built an house upon the earth; against which the stream did beat vehemently, and immediately it fell; and the ruin of that house was great.

We must dig deep the things that are salvational to us as a people. Let us not be content with superficial things or surface answers. We must search until we thoroughly understand a subject,

while in the meantime sharing it with others. By doing this we will find out that we will learn more and gain a blessing if it is shared with other God fearing people. The Sabbath has to become very precious to us, one that we would not bring any dishonor to God by breaking His, and not ours, Sabbath.

Exodus 20: 8 "Remember the sabbath day, to keep it holy."

Why do you think that God told us, not just he Israelites, to remember. Could it be that we even us as Adventist could forget to keep it Holy!

Testimonies Vol. 6 pg. 353 'Preparation for the Sabbath'

"At the very beginning of the fourth commandment the Lord said: "Remember." He knew that amid the multitude of cares and perplexities man would be tempted to excuse himself from meeting the full requirement of the law, or would forget its sacred importance. Therefore He said: "Remember the Sabbath day, to keep it holy." Exodus 20:8."

Exodus 20:9 "Six days shalt thou labour, and do all thy work:

20:10 But the seventh day [is] the sabbath of the LORD thy God: [in it] thou shalt 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:

20:11 For [in] six days the LORD made heaven and earth, the sea, and all that in them [is], and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it."

Deuteronomy 5:12 "Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee.

5:13 Six days thou shalt labour, and do all thy work:

5:14 But the seventh day [is] the sabbath of the LORD thy God: [in it] thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that [is] within thy gates; that thy manservant and thy maidservant may rest as well as thou.

5:15 And remember that thou wast a servant in the land of Egypt, and [that] the LORD thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the sabbath day."

But the seventh day is the Sabbath of the Lord thy God. See here, it is not our Sabbath do as we please. If we keep His Sabbaths we will not allow anyone else within our gates to pollute it either, weather it be family or a friend visiting over the weekend.

Mark 2 :27 And he said unto them, The sabbath was made for man, and not man for the sabbath:

2:28 Therefore the Son of man is Lord also of the sabbath.

Ezekiel 20:12 "Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I [am] the LORD that sanctify them.

20:16 Because they despised my judgments, and walked not in my statutes, but polluted my sabbaths: for their heart went after their idols.

20:20 And hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I [am] the LORD your God.

20:21 Notwithstanding the children rebelled against me: they walked not in my statutes, neither kept my judgments to do them, which [if] a man do, he shall even live in them; they polluted my sabbaths: then I said, I would pour out my fury upon them, to accomplish my anger against them in the wilderness.

20:24 Because they had not executed my judgments, but had despised my statutes, and had polluted my sabbaths, and their eyes were after their fathers' idols.

Genesis 2:1 "Thus the heavens and the earth were finished, and all the host of them.

2:2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

2:3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made."

"Sanctified," that's an interesting word. Webster's New World Dictionary defines it as: dedicated. Now lets look at the word "Sanctify,"

Sanctify: (from the Latin word 'sanctus, holy + facere, to make) 1. to make holy; a. to make free from sin; purify b. to set apart as holy; consecrate. 2. to give sanction to; make sacred, or inviolable. Now I look up the word "inviolable," 1. not to be violated; not to be profaned or injured; sacred: as, an inviolable promise. 2. that cannot be violated; indestructible.

Now the Sabbath is Holy, free from sin, set apart – not to be violated, profaned and indestructible. That pretty strong stuff, it's good enough for me, what about you?

Testimonies Vol. 6 pg. 349 'The Observance of the Sabbath'

"Great blessings are enfolded in the observance of the Sabbath, and God desires that the Sabbath day shall be to us a day of joy.... Our heavenly Father desires through the observance of the Sabbath to preserve among men a knowledge of Himself. He desires that the Sabbath shall direct our minds to Him as the true and living God, and that through knowing Him we may have life and peace.

When the Lord delivered His people Israel from Egypt and committed to them His law, He taught them that by the observance of the Sabbath they were to be distinguished from idolaters. It was this that made the distinction between those who acknowledge the sovereignty of God and those who refuse to accept Him as their Creator and King."

Exodus 31:12 "And the LORD spake unto Moses, saying,

31:13 Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it [is] a sign between me and you throughout your generations; that [ye] may know that I [am] the LORD that doth sanctify you."

Notice something, God said "throughout your generations." Not just one - singular, but many – plural.

Exodus 31:14 "Ye shall keep the sabbath therefore; for it [is] holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth [any] work therein, that soul shall be cut off from among his people.

I am thankful that the Lord is merciful and full of compassion that we are not put to death if we break His Sabbath as the Israelites were. But we are still put to death – separated from God – because sin is the transgression of God's law.

Exodus 31:15 Six days may work be done; but in the seventh [is] the sabbath of rest, holy to the LORD: whosoever doeth [any] work in the sabbath day, he shall surely be put to death.

31:16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, [for] a perpetual covenant."

Now here's another interesting word "perpetual." 1. lasting forever or for an indefinitely (or having no exact limits) long time. 2 continuing indefinitely without interruption, constant.

Exodus 31:17 "It [is] a sign between me and the children of Israel for ever: (or for eternity; for always; endless, always, at all times) for [in] six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.

31:18 And he gave unto Moses, when he had made an end of communing with him upon mount Sinai, two tables of testimony, tables of stone, written with the finger of God."

God wrote this with His own finger, He did not leave it for someone else to write.

Testimonies Vol. 6 pg. 349-350 "As the Sabbath was the sign that distinguished Israel when they came out of Egypt to enter the earthly Canaan, so it is the sign that now distinguishes God's people as they come out from the world to enter the heavenly rest. The Sabbath is a sign of the relationship existing between God and His people, a sign that they honor His law. It distinguishes between His loyal subjects and transgressors.

From the pillar of cloud Christ declared concerning the Sabbath:... The Sabbath given to the world as the sign of God as the Creator is also the sign of Him as the Sanctifier. The power that created all things is the power that re-creates the soul in His own likeness. To those who keep holy the Sabbath day it is the sign of sanctification. True sanctification is harmony with God, oneness with Him in character. It is received through obedience to those principles that are the transcript of His character. And the Sabbath is the sign of obedience. He who from the heart obeys the fourth commandment will obey the whole law. He is sanctified through obedience.

To us as to Israel the Sabbath is given "for a perpetual covenant." To those who reverence His holy day the Sabbath is a sign that God recognizes them as His chosen people. It is a pledge that He will fulfill to them His covenant. Every soul who accepts the sign of God's government places himself under the divine, everlasting covenant. He fastens himself to the golden chain of obedience, every link of which is a promise.

The fourth commandment alone of all the ten contains the seal of the great Lawgiver, the Creator of the heavens and the earth. Those who obey this commandment take upon themselves His name, and all the blessings it involves are theirs."

Numbers 6:22 "And the LORD spake unto Moses, saying,

6:23 Speak unto Aaron and unto his sons, saying, On this wise ye shall bless the children of Israel, saying unto them,

6:24 The LORD bless thee, and keep thee:

6:25 The LORD make his face shine upon thee, and be gracious unto thee:

6:26 The LORD lift up his countenance upon thee, and give thee peace.

6:27 And they shall put my name upon the children of Israel; and I will bless them."

But there must be a reform among God's people in the observance of Sabbath keeping. The Holy Spirit must be allowed to convict us individually to our duty to God, not to man, in keeping His Sabbath. We must raise the stand of God high, exalt the Sabbath to its rightful position.

Testimonies Vol. 6 pg. 350 'Reform in Sabbath Observance'

"The Sabbath is a golden clasp that unites God and His people. But the Sabbath command has been broken. God's holy day has been desecrated. The Sabbath has been torn from its place by the man of sin, and a common working day has been exalted in its stead. A breach has been made in the law, and this breach is to be repaired. The true Sabbath is to be exalted to its rightful position as God's rest day."

Isaiah 58: 12 "And [they that shall be] of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in."

We must as a church restore the waste places, restudy the things once taught us – making sure that they are grounded in the faith once delivered to the saints.

Testimonies Vol. 6 pg. 353 "The Sabbath question is to be the issue in the great final conflict in which all the world will act a part. Men have honored Satan's principles above the principles that rule in the heavens. They have accepted the spurious sabbath, which Satan has exalted as the sign of his authority. But God has set His seal upon His royal requirement. Each sabbath institution bears the name of its author, an ineffaceable mark that shows the authority of each. It is our work to lead the people to understand this. We are to show them that it is of vital consequence whether they bear the mark of God's kingdom or the mark of the kingdom of rebellion, for they acknowledge themselves subjects of the kingdom whose mark they bear. God has called us to uplift the standard of His downtrodden Sabbath. How important, then, that our example in Sabbathkeeping should be right.

In establishing new churches, ministers should give careful instruction as to the proper observance of the Sabbath. We must be guarded, lest the lax practices that prevail among Sundaykeepers shall be followed by those who profess to observe God's holy rest day. The line of demarcation is to be made clear and distinct between those who bear the mark of God's kingdom and those who bear the sign of the kingdom of rebellion.

Far more sacredness is attached to the Sabbath than is given it by many professed Sabbathkeepers. The Lord has been greatly dishonored by those who have not kept the Sabbath according to the commandment, either in the letter or in the spirit. He calls for a reform in the observance of the Sabbath."

There must be a reform, we must begin it today. I have been instructed by inspiration that there should be a "careful instruction" given in proper Sabbath observance. It is of vital importance that we as a church understand the true meaning of the Sabbath. Character perfection must be a steady movement toward reflecting Christ more fully and completely. If we stand still in faith, if we neglect the needful study – especially in this day in age - we will lose the light that has been given us. But if we move forward, from victory on to victory, by faith, prayer, study and patience Holy Spirit will lead us into truths. But a word of warning let us not make the Sabbath a burden, as did the Pharisees.

Isaiah 58:13 "If thou turn away thy foot from the sabbath, [from] doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking [thine own] words:

58:14 Then shalt thou delight 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]."

This is why it is important that we as true Seventh-Day Adventist learn the necessity of Sabbath preparation – physically and spiritually.

Testimonies Vol. 6 pg. 353 'Preparation for the Sabbath'

"All through the week we are to have the Sabbath in mind and be making preparation to keep it according to the commandment. We are not merely to observe the Sabbath as a legal matter. We are to understand its spiritual bearing upon all the transactions of life. All who regard the Sabbath as a sign between them and God, showing that He is the God who sanctifies them, will represent the principles of His government. They will bring into daily practice the laws of His kingdom. Daily it will be their prayer that the sanctification of the Sabbath may rest upon them. Every day they will have the companionship of Christ and will exemplify the perfection of His character. Every day their light will shine forth to others in good works.

The Sabbath is not merely to be kept by the letter but by the spirit, willfully wanting to observe the Sabbath – a Sabbath that is not a burden

Testimonies Vol. 6 pg. 353-354 "In all that pertains to the success of God's work, the very first victories are to be won in the home life. Here the preparation for the Sabbath must begin. Throughout the week let parents remember that their home is to be a school in which their children shall be prepared for the courts above. Let their words be right words. No words which their children should not hear are to escape their lips. Let the spirit be kept free from irritation. Parents, during the week live as in the sight of a holy God, who has given you children to train for Him. Train for Him the little church in your home, that on the Sabbath all may be prepared to worship in the Lord's sanctuary. Each morning and evening present your children to God as His blood-bought heritage. Teach them that it is their highest duty and privilege to love and serve God.

Parents should be particular to make the worship of God an object lesson for their children. Passages of Scripture should be more often on their lips, especially those passages that prepare the heart for religious service. The precious words might well be often repeated: "My soul, wait thou only upon God; for my expectation is from Him." Psalm 62:5."

MR No. 1049 - Keeping the Sabbath Holy' "Explain your work and its purpose to your children, and let them help themselves and their parents in their preparation to keep the Sabbath according to the commandment. Lead your children to consider the Sabbath a delight, the day of days, the holy of the Lord, honorable."

Here is an important lesson that I learned. Worship in the morning and evenings is very, very important for not only spending time with God but teaching our children the importance of reverence not only in worship but also in Sabbath school and church. Explain why you are cleaning the house, preparing the lunch on Friday and getting you clothes ready before Sabbath begins.

Testimonies Vol. 6 pg. 354 "When the Sabbath is thus remembered, the temporal will not be allowed to encroach upon the spiritual. No duty pertaining to the six working days will be left for the Sabbath. During the week our energies will not be so exhausted in temporal labor that on the day when the Lord rested and was refreshed we shall be too weary to engage in His service.

This is an important key point that we and I have been guilty with. How many times have you rushed during the week working, working 10 to 15 hour days six days a week, but when it comes to church we fall asleep during the Sabbath school or church service.

Testimonies Vol. 6 pg. 354 "While preparation for the Sabbath is to be made all through the week, Friday is to be the special preparation day."

Now lets look at an example from the Bible as to how we must prepare for the Sabbath.

Exodus 16:1 "And they took their journey from Elim, and all the congregation of the children of Israel came unto the wilderness of Sin, which [is] between Elim and Sinai, on the fifteenth day of the second month after their departing out of the land of Egypt.

16:2 And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness:

16:3 And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, [and] when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger.

16:4 Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no.

16:5 And it shall come to pass, that on the sixth day they shall prepare [that] which they bring in; and it shall be twice as much as they gather daily.

God instructed them to pick up and prepare their food daily, but that on the sixth they were to pick up double – and prepare it also for the Sabbath.

Exodus 16:11 "And the LORD spake unto Moses, saying,

16:12 I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I [am] the LORD your God.

16:13 And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host.

16:14 And when the dew that lay was gone up, behold, upon the face of the wilderness [there lay] a small round thing, [as] small as the hoar frost on the ground.

16:15 And when the children of Israel saw [it], they said one to another, It [is] manna: for they wist not what it [was]. And Moses said unto them, This [is] the bread which the LORD hath given you to eat.

16:16 This [is] the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, [according to] the number of your persons; take ye every man for [them] which [are] in his tents."

Exodus 16:19 "And Moses said, Let no man leave of it till the morning.

16:20 Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.

16:21 And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.

16:22 And it came to pass, [that] on the sixth day they gathered twice as much bread, two omers for one [man]: and all the rulers of the congregation came and told Moses.

16:23 And he said unto them, This [is that] which the LORD hath said, To morrow [is] the rest of the holy sabbath unto the LORD: bake [that] which ye will bake [to day], and see the that ye will see the; and that which remaineth over lay up for you to be kept until the morning.

16:24 And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.

16:25 And Moses said, Eat that to day; for to day [is] a sabbath unto the LORD: to day ye shall not find it in the field.

16:26 Six days ye shall gather it; but on the seventh day, [which is] the sabbath, in it there shall be none.

16:27 And it came to pass, [that] there went out [some] of the people on the seventh day for to gather, and they found none."

Numbers 11:8 "[And] the people went about, and gathered [it], and ground [it] in mills, or beat [it] in a mortar, and baked [it] in pans, and made cakes of it: and the taste of it was as the taste of fresh oil."

The preparation for the Sabbath should include, preparing our clothing, having all our cooking done on preparation day for the Sabbath.

Testimonies Vol. 6 pg. 354-355 "There was something to be done in preparing the heaven-sent bread for the children of Israel. The Lord told them that this work must be done on Friday, the preparation day. This was a test to them. God desired to see whether or not they would keep the Sabbath holy.

This direction from the lips of Jehovah is for our instruction. The Bible is a perfect guide, and if its pages are prayerfully studied by hearts willing to understand, none need err upon this question.

Many need instruction as to how they should appear in the assembly for worship on the Sabbath. They are not to enter the presence of God in the common clothing worn during the week. All should have a special Sabbath suit, to be worn when attending service in God's house. While we should not conform to worldly fashions, we are not to be indifferent in regard to our outward appearance. We are to be neat and trim, though without adornment. The children of God should be pure within and without.

On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness and that all the cooking is done. Let the boots be blacked and the baths be taken. It is possible to do this. If you make it a rule you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight. Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment.

We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time."

Do we want to shut out the blessing of God.

Manuscript Release 1049 pg. 294 'Preparation for the Sabbath--The Sabbath should be as sacredly observed on the campground as it is in our homes. We should not let the bustle and excitement around us detract from its sacred dignity. No cooking should be done on that day. The instruction which God gave to Israel should not be disregarded: "Bake that which ye will bake today, and seethe that ye will seethe": "Tomorrow is the rest of the holy Sabbath unto the Lord" [Exodus 16:23]. God meant what He said when He gave these directions, and shall we, who are presenting to the people the claims of the divine law, break that law ourselves, merely to please the appetite? God forbid. There has sometimes been almost as much cooking done on the Sabbath as on other days; and the blessing of God has been shut out by our failure to honor Him in keeping the Sabbath according to the commandment.--Undated Manuscript 88.

Manuscript 21, 1897. (Written March 17, 1897, from "Sunnyside," Cooranbong, N. S. W.) 'God's Restrictions Not To Be Disregarded' "Speak not lightly of the restrictions placed upon Israel in Sinai regarding the cooking of manna. The Lord has placed barriers around His Sabbath, that it may not be regarded with the least carelessness or irreverence. When the Lord said, "Tomorrow is the rest of the holy Sabbath; bake that which ye will bake today, and seethe that which ye will seethe," He means that Friday shall be our preparation day, in which we are to do all our cooking.

The Sabbath is not to be a day when tidbits shall be prepared or cooked. If it is really essential to have beans on the Sabbath, let them be cooked on Friday, and kept warm in the oven. They need not be eaten cold unless preferred. But let no remarks be made as though it is a very light thing whether we regard the special requirements of God in regard to the Sabbath or not. It is not left for any man or woman to venture to disregard any commandment of God."

The preparation of food on the Sabbath is breaking God's precepts, and this is not to be lightly regarded by commandment keepers.

The Gospel of Health, April 1, 1898 "All needful preparation should be made beforehand. On Sabbath morning, if the weather is cool, let hot gruel, or something equally simple, be provided, and for dinner some kind of food may be warmed. Further than this, all cooking should be avoided as a violation of the Sabbath command."

Do we also on Sabbath overeat? Don't we eat more on that day that we normally do on the others. Is this not wrong of us?

Testimonies vol. 6 pg. 357 "We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this the food should be more simple, and less should be eaten, in order that the mind may be clear and vigorous to comprehend spiritual things. Overeating befogs the brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. By overeating on the Sabbath, many have done more than they think to dishonor God.

While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive. Provide something that will be regarded as a treat, something the family do not have every day."

Review & Herald June 8, 1897 "I see no question in this matter as to what we shall have on the Sabbath day. The food which we have provided on the preparation day can be placed on the table warm, especially in cold weather. In traveling, persons eat cold lunches for days together, and realize no inconvenience or harm. We want palatable, healthful food every day of the week; but upon the Sabbath, let your cook have her day of rest, in the place of cooking for a family. Let every provision be made on Friday. But do not let the Sabbath be regarded as a day in which to get something especially gratifying to eat. Educate your children and every member of the family to enjoy plain, simple food, and to be ready to receive the blessing which the Lord of the Sabbath is waiting to bestow upon all who are in an attitude to receive it. He has this for every one who shows his love for God in keeping holy the Sabbath day, God's great memorial of creation. Speak softly, walk softly. Let not a word of lightness or trifling come from your lips. This is God's day. He has blessed the seventh day, as his Sabbath, to be sacredly observed."

Another special instruction has been given to us. All difference between brothers and sister in the church of Christ and even those not of our faith, should be put away. There should be a close examination of the heart of the past week, confessing of sin before the Sabbath begins.

That I May Know Him pg. 147 "There needs to be much more close investigation of the week past. Review it and see if, as a branch of the living Vine, you have drawn nourishment from the parent Vine to bear much fruit to the glory of God. If there has been feverish excitement, if hasty words have been spoken, if passion has been revealed, these have surely been the working on Satan's side of the question. Clear the heart by confession. Sincerely make everything right before the Sabbath. Examine your own selves, whether ye be in the faith. We need to guard our own souls constantly, lest we make a great profession but, like the flourishing fig tree spreading its branches in pretentious foliage, reveal no precious fruit. Christ is hungering to see and receive fruit. Leaves of profession without fruit are to Christ just as worthless as those of the fig tree which He cursed. . . ."

Testimonies Vol. 6 pg. 356 "There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, "confess your faults one to another, and pray one for another, that ye may be healed." James 5:16.

Australasian Union Conference Record, April 15, 1903 "When difficulties arise among church-members, let them be cleared away before the Sabbath comes. This should be regarded as a Christian duty by every church-member. "Let the peace of God rule in your hearts, and be ye thankful." Are you troubled and perplexed? Sweep away the rubbish that has been accumulating before the door of the heart, and open the door, inviting Jesus to come in and abide as an

honored Guest. Bring peace and comfort into your own hearts and the hearts of others. This is most blessed missionary work."

All business should be set aside before the Sabbath begins. No new business should be started, could it be because our minds might drift away from the Holy to the common?

That I May Know Him pg. 147 "This day is preparation day. We would come up to the Sabbath with our work closed up in proper shape and not dragging into the Sabbath. We must commence in the morning to look after every piece of clothing if we have neglected to do this through the week, that our garments may be neat and orderly and comely to appear in the place where God's people assemble to worship Him. . . . Entering upon new business should be avoided, if possible, but endeavor to close up the things already started that are half accomplished. Prepare everything connected with the household matters so that there shall be freedom from worries, and the mind be prepared to rest and to meditate upon heavenly things."

Patriarchs and Prophets pg. 296 "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 time. God has directed that the sick and suffering be cared for; the labor required to make them comfortable is a work of mercy, and no violation of the Sabbath; but all unnecessary work should be avoided. 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."

Testimonies vol. 6 pg. 356 "Before the Sabbath begins, the mind as well as the body should be withdrawn from worldly business. God has set His Sabbath at the end of the six working days, that men may stop and consider what they have gained during the week in preparation for the pure kingdom which admits no transgressor. We should each Sabbath reckon with our souls to see whether the week that has ended has brought spiritual gain or loss.

It means eternal salvation to keep the Sabbath holy unto the Lord. God says: "Them that honor Me I will honor." 1 Samuel 2:30."

Special instruction has also been given to those who have their own business and employees how to prepare for the Sabbath. Some will say that by some business owners closing half the day on Friday and on Sabbath, being the busiest days of the week, they are losing out of a lot of business. I was told by a minister in Cleveland Tennessee that the owner of Chik-fil-a requires of new franchise owners that they must be closed on Sundays for them to purchase a new store. The minister went on to say that God had richly blessed him because of what he did. Now they question is, would not God sustain His people if they were truly devoted to HIM. We just read "Them that honor Me I will honor," remember that.

Testimonies Vol. 6 pg. 356 "Whenever it is possible, employers should give their workers the hours from Friday noon until the beginning of the Sabbath. Give them time for preparation, that they may welcome the Lord's day with quietness of mind. By such a course you will suffer no loss even in temporal things."

There also needs to be reform among God's people in welcoming in the Sabbath day.

Child Guidance pg. 529 "Before the setting of the sun, let the members of the family assemble to read God's Word, to sing and pray. There is need of reform here, for many have been remiss. We need to confess to God and to one another. We should begin anew to make special

arrangements that every member of the family may be prepared to honor the day which God has blessed and sanctified."

Special instruction should be given our children as on what is to be done on Sabbath morning.

Testimonies vol. 6 pg. 357 "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."

MR No. 1049 - Keeping the Sabbath Holy' "Do not allow yourself to spend the precious hours of the Sabbath in your bed. The heads of the house should be astir early. . .

In the morning the family should gather about the table quietly; and it would be well if on the Sabbath there should ever be a simple, palatable meal, yet something that would be considered a treat, well prepared-- something that they do not have every day of the week. Then either before or after the meal should come the family worship. This should be a service in which the children can take some part. All should have their Bibles, each reading a verse or two. Then a simple hymn may be sung, followed, not by a long, wearisome prayer, but a simple petition, telling the Lord in the simplest manner the needs [of the family], and expressing gratitude for God's mercies and blessings. This invites Jesus as a welcome guest into your house and heart. In the family long prayers of remote things are not in place and make the hour of prayer a weariness, when it should be considered a privilege and a blessing. Make the season one of interest and joy. Never let the children consider it a burden.--Manuscript 57, 1897.

All should learn to be on time for church, not being late and setting a right example to others and especially our children.

Youths Instructor, March 19, 1879 (Counsel on Sabbath school work 169-170 "PUNCTUALITY") "It is a sad failing with many that they are always behind time on Sabbath morning. They are very particular about their own time, they cannot afford to lose an hour of that; but the Lord's time, the only day out of seven that the Lord claims as His, and requires us to devote to Him, quite a portion of this is squandered away by sleeping late in the morning. In this they are robbing God. It causes them to be behind in everything; it makes confusion in the family; and finally results in the tardiness of the entire family at Sabbath school, and perhaps at meeting. Now why can we not rise early with the birds, and offer praise and thanksgiving to God? Try it brethren and sisters. Have your preparations all made the day before, and come promptly to the Sabbath school and meeting, and you will thereby not only benefit others but you will reap rich blessings yourselves."

It's interesting how that we are able to get up during the week to go to work, or go somewhere that we want to go and be there on time. But we seem to have a hard time being at the appointed place of worship on Sabbath on time.

Review & Herald, May 30, 1871 (Counsel on Sabbath school work 169-170 "BEING AT THE APPOINTED HOUR") "Meetings for conference and prayer should not be made tedious. All should, if possible, be prompt to the hour appointed; and if there are dilatory ones, who are half an hour or fifteen minutes even behind the time, there should be no waiting. If there are but two present, they can claim the promise. The meeting should open at the appointed hour, if possible, be there few or many present."

What should our thoughts and words be on the Sabbath day?

Child Guidance pg. 530 "When the Sabbath commences, we should place a guard upon ourselves, upon our acts and our words, lest we rob God by appropriating to our own use that time which is strictly the Lord's. We should not do ourselves, nor suffer our children to do, any manner of our own work for a livelihood or anything which could have been done on the six working days. Friday is the day of preparation. Time can then be devoted to making the necessary preparation for the Sabbath and to thinking and conversing about it. Nothing which will in the sight of Heaven be regarded as a violation of the holy Sabbath should be left unsaid or undone, to be said or done upon the Sabbath. God requires not only that we refrain from physical labor upon the Sabbath, but that the mind be disciplined to dwell upon sacred themes. The Fourth Commandment is virtually transgressed by conversing upon worldly things or by engaging in light and trifling conversation. Talking upon anything or everything which may come into the mind is speaking our own words. Every deviation from right brings us into bondage and condemnation."

Youth Instructor, February 1, 1853 par. 4 'Keep the Sabbath Holy'

"Those who wish to be blest and approved of the Lord in this world, and who expect to finally be saved, and have right to the tree of life, must keep the Sabbath holy. They should pray daily for grace and wisdom to keep from polluting it in any way.

Dear children, are you as careful as you should be in keeping the Sabbath? You have something to do besides laying aside your work and amusements on that day. If you, on that day, lay plans of what you will do when the Sabbath is past, or talk of your work, amusements and clothes, you pollute the Sabbath. The Prophet has in another chapter told us how to keep the Sabbath from polluting it, and nothing short of doing as he has pointed out will be keeping the Sabbath holy.....

When you are speaking of your hope in God, of Jesus and of his soon coming, and of the beauties of the New Earth, you are not speaking your own words. Of these things you may freely speak on the Sabbath. On six days you may talk of business matters, and lay plans that are necessary; but the Sabbath is holy time, and all worldly thoughts must, on that day, be dismissed from the mind. The blessing of God will then rest upon you, and you will have the sweet consolations of his Spirit, and you will also have confidence when you approach the throne of grace."

Fathers and mothers should attend Sabbath school and Church with their children, thus setting a right example. Many times I have seen fathers and even mothers send their children without them to church.

Child Guidance pg. 531 "Fathers and mothers should make it a rule that their children attend public worship on the Sabbath, and should enforce the rule by their own example. It is our duty to command our children and our household after us, as did Abraham. By example as well as precept we should impress upon them the importance of religious teaching. All who have taken the baptismal vow have solemnly consecrated themselves to the service of God; they are under covenant obligation to place themselves and their children where they may obtain all possible incentives and encouragement in the Christian life.

But while we worship God, we are not to consider this a drudgery. The Sabbath of the Lord is to be made a blessing to us and to our children. They are to look upon the Sabbath as a day of delight, a day which God has sanctified; and they will so consider it if they are properly instructed."

“Remember the Sabbath Day, to Keep it Holy!”

A valuable study in Sabbath Keeping- part 2

Church is not a time for sleeping or taking a nap!

Child Guidance pg. 530 “None should permit themselves, through the week, to become so absorbed in their temporal interests, and so exhausted by their efforts for worldly gain, that on the Sabbath they have no strength or energy to give to the service of God. We are robbing the Lord when we unfit ourselves to worship Him upon His holy day. And we are robbing ourselves as well; for we need the warmth and glow of association, as well as the strength to be gained from the wisdom and experience of other Christians.”

Testimonies Vol. 6 pg. 361-362 “Let none come to the place of worship to take a nap. There should be no sleeping in the house of God. You do not fall asleep when engaged in your temporal business, because you have an interest in your work. Shall we allow the service which involves eternal interests to be placed on a lower level than the temporal affairs of life?”

When we do this we miss the blessing which the Lord designs us to have. The Sabbath is not to be a day of useless idleness. Both in the home and in the church a spirit of service is to be manifested. He who gave us six days for our temporal work has blessed and sanctified the seventh day and set it apart for Himself. On this day He will in a special manner bless all who consecrate themselves to His service.

All heaven is keeping the Sabbath, but not in a listless, do-nothing way. On this day every energy of the soul should be awake, for are we not to meet with God and with Christ our Saviour? We may behold Him by faith. He is longing to refresh and bless every soul.”

Sabbath school and church should be well ventilated so as not to allow anyone sleeping.

Biographical Books vol. 5 pg. 44 “The next Sabbath she spoke to the Calistoga church, nine miles to the north. She was pleased with the neatness of the building, and the congregation was larger than she expected. But the room was small, the day was rainy, and a fire was burning in the stove in a room without proper ventilation. The hot stovepipe ran right above her, and when she rose to speak, the blood rushed to her head. Sara McEnterfer, her traveling companion and nurse, who had accompanied her, saw her face turn almost purple and feared that she would fall. Ellen White had to ask for more ventilation and told the people it would be better for them to dress warmly and do without the fire. At any rate they would be able to listen better if they had fresh air.

Just after the experience in Calistoga, in an interview with Dr. Kellogg, who had made a surprise visit to California, she explained to him that she could not go to Battle Creek in the middle of winter to attend meetings in tightly closed rooms. He asked her whether it would help if the date of the session were postponed a few weeks, and she indicated that it would. He invited her to come to the Battle Creek Sanitarium for a few weeks before the session and receive treatments so she could be ready for it. In commenting on the matter, she said that she

would not dare to attend the session in midwinter in the East, then declared, "Midwinter is not the proper time to hold a conference."--MS 62, 1900.

The next Sabbath she was to fill a speaking appointment in Healdsburg at the church that served the college. She had sent word in advance that the room was not to be heated, but the janitor forgot, and when she arrived she found a crowded, closed room heated with two wood-burning stoves. She got through the meeting successfully, and felt that she had been vitalized by the Spirit of God. This experience was to her an indication that she could probably attend the session in Battle Creek. On December 4, she wrote to the General Conference Committee urging that the session be held later than February or March. She declared, "It is not wise to bring together in midwinter a large number of people to a place which, in order to be comfortable, must be artificially heated. The heated atmosphere, with limited ventilation, has a tendency to lessen vitality."--Letter 155, 1900."

The Sabbath has also been broken by our disregard and irreverence in the house of God. We have lost the since that God is present, or should be present with us when we worship Him.

Psalms 89:7 "God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him"

Let's look at an example in the Bible.

Exodus 3:1 Now Moses kept the flock of Jethro his father in law, the priest of Midian: and he led the flock to the backside of the desert, and came to the mountain of God, [even] to Horeb.

3:2 And the angel of the LORD appeared unto him in a flame of fire out of the midst of a bush: and he looked, and, behold, the bush burned with fire, and the bush [was] not consumed.

3:3 And Moses said, I will now turn aside, and see this great sight, why the bush is not burnt.

3:4 And when the LORD saw that he turned aside to see, God called unto him out of the midst of the bush, and said, Moses, Moses. And he said, Here [am] I.

3:5 And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest [is] holy ground.

3:6 Moreover he said, I [am] the God of thy father, the God of Abraham, the God of Isaac, and the God of Jacob. And Moses hid his face; for he was afraid to look upon God.

My Life Today pg. 281 "Another precious grace that should be carefully cherished is reverence. True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen the heart of every child should be deeply impressed.

The hour and place of prayer and the services of public worship the child should be taught to regard as sacred because God is there. And as reverence is manifested in attitude and demeanor, the feeling that inspires it will be deepened.

Well would it be for young and old to study and ponder and often repeat those words of Holy Writ that show how the place marked by God's special presence should be regarded...."

Genesis 28:10 "And Jacob went out from Beersheba, and went toward Haran.

28:11 And he lighted upon a certain place, and tarried there all night, because the sun was set; and he took of the stones of that place, and put [them for] his pillows, and lay down in that place to sleep.

28:12 And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven: and behold the angels of God ascending and descending on it.

28:13 And, behold, the LORD stood above it, and said, I [am] the LORD God of Abraham thy father, and the God of Isaac: the land whereon thou liest, to thee will I give it, and to thy seed;

28:14 And thy seed shall be as the dust of the earth, and thou shalt spread abroad to the west, and to the east, and to the north, and to the south: and in thee and in thy seed shall all the families of the earth be blessed.

28:15 And, behold, I [am] with thee, and will keep thee in all [places] whither thou goest, and will bring thee again into this land; for I will not leave thee, until I have done [that] which I have spoken to thee of.

28:16 And Jacob awaked out of his sleep, and he said, Surely the LORD is in this place; and I knew [it] not.

28:17 And he was afraid, and said, How dreadful [is] this place! this [is] none other but the house of God, and this [is] the gate of heaven.

28:18 And Jacob rose up early in the morning, and took the stone that he had put [for] his pillows, and set it up [for] a pillar, and poured oil upon the top of it."

My Life Today pg. 281 "Humility and reverence should characterize the deportment of all who come into the presence of God. In the name of Jesus we may come before Him with confidence, but we must not approach Him with the boldness of presumption, as though He were on a level with ourselves. There are those who address the great and all-powerful and holy God, who dwelleth in light unapproachable, as they would address an equal, or even an inferior. There are those who conduct themselves in His house as they would not presume to do in the audience chamber of an earthly ruler. These should remember that they are in His sight whom seraphim adore, before whom angels veil their faces. God is greatly to be revered; all who truly realize His presence will bow in humility before Him."

Once we really understand reverence we will also understand where two or three are gathered in His name, there He is in the midst of them. Now, does it take a "church building" for God to be there, or could He be present in the closet, in home worship and even in a home church.

Leviticus 19:30 "Ye shall keep my sabbaths, and reverence my sanctuary: I am the Lord."

My Life Today pg. 286 "God is high and holy; and to the humble, believing soul, His house on earth, the place where His people meet for worship, is as the gate of heaven. The song of praise, the words spoken by Christ's ministers, are God's appointed agencies to prepare a people for the church above, for that loftier worship.

When the worshipers enter the place of meeting, they should do so with decorum, passing quietly to their seats. . . . Common talking, whispering, and laughing should not be permitted in the house of worship, either before or after the service. Ardent, active piety should characterize the worshipers.

If some have to wait a few minutes before the meeting begins, let them maintain a true spirit of devotion by silent meditation, keeping the heart uplifted to God in prayer that the service may be of special benefit to their own hearts and lead to the conviction and conversion of other souls. They should remember that heavenly messengers are in the house. We all lose much sweet communion with God by our restlessness, by not encouraging moments of reflection and prayer. . . .

Elevate the standard of Christianity in the minds of your children; help them to weave Jesus into their experience; teach them to have the highest reverence for the house of God and to understand that when they enter the Lord's house it should be with hearts that are softened and subdued by such thoughts as these: "God is here; this is His house. I must have pure thoughts and holiest motives. . . . This is the place where God meets with and blesses His people." . . .

Parents should not only teach, but command, their children to enter the sanctuary with sobriety and reverence.

Practice reverence until it becomes a part of yourself."

Not only reverence should be guarded, but using God's name in vain should be guarded against.

Psalms 111:9 "Holy and reverend is his name."

My Life Today pg. 282 "Reverence should be shown also for the name of God. Never should that name be spoken lightly or thoughtlessly. Even in prayer its frequent or needless repetition should be avoided.

Those who are brought into covenant relation with God are pledged to speak of Him in the most respectful, reverential manner....

Swearing, and all words spoken in the form of an oath, are dishonoring to God. The Lord sees, the Lord hears, and He will not hold the transgressor guiltless. He will not be mocked. Those who take the name of the Lord in vain will find it a fearful thing to fall into the hands of the living God.

By the thoughtless mention of God in common conversation, by appeals to Him in trivial matters, and by the frequent and thoughtless repetition of His name, we dishonor Him.

What faint views some have of the holiness of God, and how much they take His holy and reverend name in vain, without realizing that it is God, the great and terrible God, of whom they are speaking. While praying, many use careless and irreverent expressions, which grieve the tender Spirit of the Lord and cause their petitions to be shut out of heaven.

"Holy and reverend is His name." We are never in any manner to treat lightly the titles or appellations of the Deity. In prayer we enter the audience chamber of the Most High, and we should come before Him with holy awe. The angels veil their faces in His presence. The cherubim and the bright and holy seraphim approach His throne with solemn reverence. How much more should we, finite, sinful beings, come in a reverent manner before the Lord, our Maker!

Can we afford to shut out heaven. Let us be careful then in our prayer that we do not uselessly taken God's name in vain.

Jeremiah 7:23 "Obey my voice, and I will be your God, and ye shall be my people: and walk ye in all the ways that I have commanded you, that it may be well unto you."

There is another matter that is interestingly new that I have discovered, something that I have in the past lightly regarded, but Lord willing, will change. It is the irreverence of the Holy Scriptures.

My Life Today pg. 284 "The Bible is God's voice speaking to us, just as surely as if we could hear it with our ears. If we realized this, with what awe we would open God's Word and with what earnestness we would search its precepts. The reading and contemplation of the Scriptures would be regarded as an audience with the Infinite One.

We are to open the Word of God with reverence and with a sincere desire to know the will of God concerning us. The heavenly angels will direct our search. God speaks to us in His Word. We are in the audience chamber of the Most High, in the very presence of God. Christ enters the heart.

Show that you reverence your faith, speaking reverently of sacred things. Never allow one expression of lightness and trifling to escape your lips when quoting Scripture. As you take the Bible in your hands, remember that you are on holy ground."

So next time you pick up your Bible, remember to be reverent with it. When you read it, remember that you are in the presence of God if you have a sincere heart to know the truth.

This is interesting; we are to "reverence your faith." Do you have respect for your faith in Christ, faith in the Bible or the Spirit of Prophecy? Have you ever considered that you are to have reverence toward your faith, but we are too?

Thou reverence should be in taught in the church, it first begins in the home.

1 Samuel 2:30 "Wherefore the Lord God of Israel saith, I said indeed that thy house, and the house of thy father, should walk before me for ever: but now the Lord saith, Be it far from me; for them that honour me I will honour, and they that despise me shall be lightly esteemed."

My Life Today pg. 284 "Make the home life as nearly as possible like heaven.

In the home the foundation is laid for the prosperity of the church. The influences that rule in the home life are carried into the church life; therefore, church duties should first begin in the home.

Those who govern their families in the right way will bring into the church an influence of order and reverence.

Fathers and mothers who make God first in their households, who teach their children that the fear of the Lord is the beginning of wisdom, glorify God before angels and before men. . . . Christ is not a stranger in their homes; His name is a household name, revered and glorified. Angels delight in a home where God reigns supreme and the children are taught to reverence religion, the Bible, and their Creator. Such families can claim the promise, "Them that honour Me, I will honour."

The sacred privilege of communing with God makes distinct and clear the sight of the glorious things prepared for those who love God and reverence His commandments. We need to bring reverence into our daily lives. . . .

We bring too much that is little and common into the daily duties of life, and the result is that we fail to see Him who is invisible. Thus we lose many rich blessings in our religious experience.

True reverence is revealed by obedience. God has commanded nothing that is unessential, and there is no other way of manifesting reverence so pleasing to Him as by obedience to that which He has spoken."

There also must be reverence for God's representatives. We must show respect for those of whom God has sent to bring us the bread of life. Reverence should not only be shown the ministers, but teachers and parents.

Exodus 20:12 "Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee."

2 Chronicles 36:15 "And the Lord God of their fathers sent to them by his messengers, rising up betimes, and sending; because he had compassion on his people, and on his dwelling place: but they mocked the messengers of God, and despised his words, and misused his prophets, until the wrath of the Lord arose against his people, till there was no remedy."

My Life Today pg. 285 "Reverence should be shown for God's representatives--for ministers, teachers, and parents who are called to speak and act in His stead. In the respect shown to them He is honored.

The education and training of the youth should be of a character that would exalt sacred things and encourage pure devotion for God in His house. Many who profess to be children of the heavenly King have no true appreciation of the sacredness of eternal things. . . .

They are seldom instructed that the minister is God's ambassador, that the message he brings is one of God's appointed agencies in the salvation of souls, and that to all who have the privilege brought within their reach it will be a savor of life unto life or of death unto death. . . .

Many . . . make the service a subject of criticism at home, approving a few things and condemning others. . . . In regard to the service of the sanctuary, if the speaker has a blemish, be afraid to mention it. Talk only of the good work he is doing, of the good ideas he presented, which you should heed as coming through God's agent. . . .

Unless correct ideas of true worship and true reverence are impressed upon the people, there will be a growing tendency to place the sacred and eternal on a level with common things, and those professing the truth will be an offense to God and a disgrace to religion. They can never, with their uncultivated ideas, appreciate a pure and holy heaven, and be prepared to join with the worshipers in the heavenly courts above, where all is purity and perfection, where every being has perfect reverence for God and His holiness.

Paul describes the work of God's ambassadors as that by which every man shall be presented perfect in Christ Jesus."

There must be a reform now among God's people in the church. Many think lightly about reverence in the church, wither in a "church building" or in a "home church" many disrespect God in they way they conduct themselves. This is wrong and must be change if we are to remove the displeasure of God when we find these things out. We are just as surely breaking the fourth commandment as if we were working, cooking and doing other things that we have been studying about.

Child Guidance pg. 538-549 'Chap. Eighty - Reverence for that which is Holy'

"The Precious Grace of Reverence.--Another precious grace that should be carefully cherished is reverence.

The education and training of the youth should be of a character that would exalt sacred things, and encourage pure devotion for God in His house. Many who profess to be children of the heavenly King have no true appreciation of the sacredness of eternal things.

God Is to Be Had in Reverence.--True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen the heart of every child should be deeply impressed.

"God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him." Psalm 89: 7.

His Name Is to Be Revered.--Reverence should be shown also for the name of God. Never should that name be spoken lightly or thoughtlessly. Even in prayer its frequent or needless repetition should be avoided. "Holy and reverend is his name." Psalm 111:9. Angels, as they speak it, veil their faces. With what reverence should we, who are fallen and sinful, take it upon our lips!

His Word Is Sacred.--We should reverence God's Word. For the printed volume we should show respect, never putting it to common uses or handling it carelessly. And never should Scripture be quoted in a jest or paraphrased to point a witty saying. "Every word of God is pure"; "as silver tried in a furnace of earth, purified seven times." (Proverbs 30:5; Psalm 12:6.)

Children should be taught to respect every word that proceeds out of the mouth of God. Parents are ever to magnify the precepts of the law of the Lord before their children, by showing obedience to that law, by themselves living under the control of God. If a sense of the sacredness of the law takes possession of the parents, it will surely transform the character by converting the soul.

The Place of Prayer--God Is There.--In every Christian home God should be honored by the morning and evening sacrifices of prayer and praise. Children should be taught to respect and reverence the hour of prayer.

The hour and place of prayer and the services of public worship the child should be taught to regard as sacred because God is there. And as reverence is manifested in attitude and demeanor, the feeling that inspires it will be deepened.

The House of God--His Holy Temple.--Well would it be for young and old to study and ponder and often repeat those words of Holy Writ that show how the place marked by God's special presence should be regarded.

"Put off thy shoes from off thy feet," He commanded Moses at the burning bush, "for the place whereon thou standest is holy ground." Exodus 3:5.

Jacob, after beholding the vision of the angels, exclaimed, "The Lord is in this place; and I knew it not. . . . This is none other but the house of God, and this is the gate of heaven." Genesis 28:16, 17.

"The Lord is in his holy temple: let all the earth keep silence before him." Habakkuk 2:20.

Many . . . have no true appreciation of the sacredness of eternal things. Nearly all need to be taught how to conduct themselves in the house of God. Parents should not only teach, but command, their children to enter the sanctuary with sobriety and reverence.

Guard Against a Growing Carelessness.--From the sacredness which was attached to the earthly sanctuary, Christians may learn how they should regard the place where the Lord meets with His people. There has been a great change, not for the better, but for the worse, in the habits and customs of the people in reference to religious worship. The precious, the sacred things which connect us with God are fast losing their hold upon our minds and hearts and are being brought down to the level of the common things. The reverence which the people had anciently for the sanctuary, where they met with God in sacred service, has largely passed away. Nevertheless God Himself gave the order of His service, exalting it high above everything of a temporal nature.

The house of God is often desecrated, and the Sabbath violated by Sabbath-believers' children. In some cases they are even allowed to run about the house, play, talk, and manifest their evil tempers in the very meetings where the saints should worship God in the beauty of holiness. And the place that should be holy, and where a holy stillness should reign, and where there should be perfect order, neatness, and humility, is made to be a perfect Babylon, "confusion." This is enough to bring God's displeasure and shut His presence from our assemblies.

We Have More Reasons for Reverence Than the Hebrews.--It is too true that reverence for the house of God has become almost extinct. Sacred things and places are not discerned; the holy and exalted are not appreciated. Is there not a cause for the want of fervent piety in our families? Is it not because the high standard of religion is left to trail in the dust? God gave rules of order, perfect and exact, to His ancient people. Has His character changed? Is He not the great and mighty God who rules in the heaven of heavens? Would it not be well for us often to read the directions given by God Himself to the Hebrews, that we who have the light of the glorious truth shining upon us may imitate their reverence for the house of God? We have abundant reason . . . even to be more thoughtful and reverential in our worship than had the Jews. But an enemy has been at work to destroy our faith in the sacredness of Christian worship.

The Church--the Sanctuary of the Congregation.-- The house is the sanctuary for the family, and the closet or the grove the most retired place for individual worship; but the church is the sanctuary for the congregation. There should be rules in regard to the time, the place, and the manner of worshiping.

Teach Children to Enter Reverently.--Parents, elevate the standard of Christianity in the minds of your children; help them to weave Jesus into their experience; teach them to have the highest reverence for the house of God and to understand that when they enter the Lord's house, it should be with hearts that are softened and subdued by such thoughts as these: "God is here; this is His house. I must have pure thoughts and the holiest motives. I must have no pride, envy, jealousy, evil surmising, hatred, or deception in my heart; for I am coming into the presence of the holy God. This is the place where God meets with and blesses His people. The high and holy One who inhabiteth eternity looks upon me, searches my heart, and reads the most secret thoughts and acts of my life."

Remain With Their Parents.--The moral taste of the worshipers in God's holy sanctuary must be elevated, refined, sanctified. This matter has been sadly neglected. Its importance has been overlooked, and as the result disorder and irreverence have become prevalent, and God has been dishonored. When the leaders in the church, ministers and people, fathers and mothers, have not had elevated views of this matter, what could be expected of the inexperienced

children? They are too often found in groups, away from the parents, who should have charge of them. Notwithstanding they are in the presence of God, and His eye is looking upon them; they are light and trifling; they whisper and laugh, are careless, irreverent, and inattentive.

To Be Sober and Quiet.--Do not have so little reverence for the house and worship of God as to communicate with one another during the sermon. If those who commit this fault could see the angels of God looking upon them and marking their doings, they would be filled with shame and abhorrence of themselves. God wants attentive hearers. It was while men slept that the enemy sowed tares.

Not to Act as in a Common Place.--There should be a sacred spot, like the sanctuary of old, where God is to meet with His people. That place should not be used as a lunchroom or as a business room, but simply for the worship of God. When children attend day school in the same place where they assemble to worship on the Sabbath, they cannot be made to feel the sacredness of the place, and that they must enter with feelings of reverence. The sacred and common are so blended that it is difficult to distinguish them.

It is for this reason that the house or sanctuary dedicated to God should not be made a common place, Its sacredness should not be confused or mingled with the common everyday feelings or business life. There should be a solemn awe upon the worshipers as they enter the sanctuary, and they should leave behind all common worldly thoughts, for it is the place where God reveals His presence. It is as the audience chamber of the great and eternal God; therefore pride and passion, dissension and self-esteem, selfishness, and covetousness, which God pronounces idolatry, are inappropriate for such a place.

To Manifest No Spirit of Levity.--Parents, it is your duty to have your children in perfect subjection, having all their passions and evil tempers subdued. And if children are taken to meeting, they should be made to know and understand where they are--that they are not at home, but where God meets with His people. And they should be kept quiet and free from all play, and God will turn His face toward you, to meet with you and bless you.

If order is observed in the assemblies of the saints, the truth will have better effect upon all that hear it. A solemnity which is so much needed will be encouraged, and there will be power in the truth to stir up the depths of the soul, and a deathlike stupor will not hang upon those who hear. Believers and unbelievers will be affected. It has seemed evident that in some places the ark of God was removed from the church, for the holy commandments have been violated and the strength of Israel has been weakened.

Take the Disturbing Child Out.--Your child should be taught to obey as the children of God obey Him. If this standard is maintained, a word from you will have some weight when your child is restless in the house of God. But if the children cannot be restrained, if the parents feel that the restraint is too much of an exaction, the child should be removed from the church at once; it should not be left to divert the minds of the hearers by talking or running about. God is dishonored by the loose way in which parents manage their children while at church.

Irreverence Encouraged by Display of Apparel.-- All should be taught to be neat, clean, and orderly in their dress, but not to indulge in that external adorning which is wholly inappropriate for the sanctuary. There should be no display of the apparel, for this encourages irreverence. . . . All matters of dress should be strictly guarded, following closely the Bible rule. Fashion has been the goddess who has ruled the outside world, and she often insinuates herself into the church. The church should make the Word of God her standard, and parents should think intelligently upon this subject.

Show Reverence for Ministers--God's Representatives.--Reverence should be shown for God's representatives--for ministers, teachers, and parents who are called to speak and act in His stead. In the respect shown to them He is honored.

They [children] are seldom instructed that the minister is God's ambassador, that the message he brings is one of God's appointed agencies in the salvation of souls, and that to all who have the privilege brought within their reach, it will be a savor of life unto life or of death unto death.

Nothing that is sacred, nothing that pertains to the worship of God, should be treated with carelessness and indifference. When the word of life is spoken, you should remember that you are listening to the voice of God through His delegated servant. Do not lose these words through inattention; if heeded, they may keep your feet from straying into wrong paths.

Accountability of Critical Parents.--Parents, be careful what example and what ideas you give your children. Their minds are plastic, and impressions are easily made. In regard to the service of the sanctuary, if the speaker has a blemish, be afraid to mention it. Talk only of the good work he is doing, of the good ideas he presented, which you should heed as coming through God's agent. It may be readily seen why children are so little impressed with the ministry of the Word, and why they have so little reverence for the house of God. Their education has been defective in this respect.

The delicate and susceptible minds of the youth obtain their estimate of the labors of God's servants by the way their parents treat the matter. Many heads of families make the service a subject of criticism at home, approving a few things and condemning others. Thus the message of God to men is criticized and questioned and made a subject of levity. What impressions are thus made upon the young by these careless, irreverent remarks, the books of heaven alone will reveal. The children see and understand these things very much quicker than parents are apt to think. Their moral senses receive a wrong bias that time will never fully change. The parents mourn over the hardness of heart in their children and the difficulty in arousing their moral sensibility to answer to the claims of God. But the books of heavenly record trace with unerring pen the true cause. The parents were unconverted. They were not in harmony with Heaven or with Heaven's work. Their low, common ideas of the sacredness of the ministry and of the sanctuary of God were woven into the education of their children.

It is a question whether anyone who has for years been under this blighting influence of home instruction will ever have a sensitive reverence and high regard for God's ministry and the agencies He has appointed for the salvation of souls. These things should be spoken of with reverence, with propriety of language, and with fine susceptibility, that you may reveal to all you associate with that you regard the message from God's servants as a message to you from God Himself.

Practice Reverence Till It Becomes Habitual.-- Reverence is greatly needed in the youth of this age. I am alarmed as I see children and youth of religious parents so heedless of the order and propriety that should be observed in the house of God. While God's servants are presenting the words of life to the people, some will be reading, others whispering and laughing. Their eyes are sinning by diverting the attention of those around them. This habit, if allowed to remain unchecked, will grow and influence others.

Children and youth should never feel that it is something to be proud of to be indifferent and careless in meetings where God is worshiped. God sees every irreverent thought or action, and it is registered in the books of heaven. He says, "I know thy works." Nothing is hid from His all-

searching eye. If you have formed in any degree the habit of inattention and indifference in the house of God, exercise the powers you have to correct it, and show that you have self-respect. Practice reverence until it becomes a part of yourself."

Parents should explain the Sabbath sermon to their children that they may understand the way of salvation.

Child Guidance pg. 532 "Ministers are engaged in a sacred, solemn work, but upon those who hear rests just as sacred a responsibility. They are to hear with a determination to follow the instruction that all must practice who gain eternal life. Each hearer should strive to understand each presentation of Bible truth as God's message to him, to be received by faith and put into practice in the daily life. Parents should explain to their children the words spoken from the pulpit, that they also may understand and have that knowledge which if put into practice brings abundant grace and peace."

The Sabbath is not only a day for going to Sabbath school and church, but a day that they parents should spend time with their children, not allowing them to find their own amusement on this special day.

Child Guidance pg. 527 'Prevalent Disregard for the Sabbath' "I have been shown that very many of the parents who profess to believe the solemn message for this time have not trained their children for God. They have not restrained themselves and have been irritated with anyone who attempted to restrain them. They have not by living faith daily bound their children upon the altar of the Lord. Many of these youth have been allowed to transgress the Fourth Commandment, by seeking their own pleasure upon God's holy day. They have felt no compunctions of conscience in going about the streets on the Sabbath for their own amusement. Many go where they please, and do what they please; and their parents are so fearful of displeasing them that, imitating the management of Eli, they lay no commands upon them.

These youth finally lose all respect for the Sabbath and have no relish for religious meetings or for sacred and eternal things....

Pg. 533 "I have found that on the Sabbath day many are indifferent and do not know where their children are or what they are doing.

Parents, above everything take care of your children upon the Sabbath. Do not suffer them to violate God's holy day by playing in the house or out-of-doors. You may just as well break the Sabbath yourselves as to let your children do it, and when you suffer your children to wander about and suffer them to play upon the Sabbath, God looks upon you as Sabbathbreakers."

Do we understand this, we as parents become Sabbath breakers when we learn of this when we allow our children to do as they please without guidance.

Testimonies vol. 6 pg. 359 "The Sabbath school and the meeting for worship occupy only a part of the Sabbath. The portion remaining to the family may be made the most sacred and precious season of all the Sabbath hours. Much of this time parents should spend with their children. In many families the younger children are left to themselves to find entertainment as best they can. Left alone, the children soon become restless and begin to play or engage in some kind of mischief. Thus the Sabbath has to them no sacred significance.

In pleasant weather let parents walk with their children in the fields and groves. Amid the beautiful things of nature tell them the reason for the institution of the Sabbath. Describe to them God's great work of creation. Tell them that when the earth came from His hand, it was holy and beautiful. Every flower, every shrub, every tree, answered the purpose of its Creator. Everything upon which the eye rested was lovely and filled the mind with thoughts of the love of God. Every sound was music in harmony with the voice of God. Show that it was sin which marred God's perfect work; that thorns and thistles, sorrow and pain and death, are all the result of disobedience to God. Bid them see how the earth, though marred with the curse of sin, still reveals God's goodness. The green fields, the lofty trees, the glad sunshine, the clouds, the dew, the solemn stillness of the night, the glory of the starry heavens, and the moon in its beauty all bear witness of the Creator. Not a drop of rain falls, not a ray of light is shed on our unthankful world, but it testifies to the forbearance and love of God.

Tell them of the way of salvation; how "God so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." John 3:16. Let the sweet story of Bethlehem be repeated. Present before the children Jesus, as a child obedient to His parents, as a youth faithful and industrious, helping to support the family. Thus you can teach them that the Saviour knows the trials, perplexities, and temptations, the hopes and joys, of the young, and that He can give them sympathy and help. From time to time read with them the interesting stories in Bible history. Question as to what they have learned in the Sabbath school, and study with them the next Sabbath's lesson."

Parents should plan suitable reading and conversations for their children on the Sabbath.

Child Guidance pg. 532 "The Sabbath--oh!--make it the sweetest, the most blessed day of the week. . . .

Parents can and should give attention to their children, reading to them the most attractive portions of Bible history, educating them to reverence the Sabbath day, keeping it according to the commandment. This cannot be done if the parents feel no burden to interest their children. But they can make the Sabbath a delight if they will take the proper course. The children can be interested in good reading or in conversation about the salvation of their souls. But they will have to be educated and trained. The natural heart does not love to think of God, of heaven, or of heavenly things. There must be a continual pressing back of the current of worldliness and inclination to evil and a letting in of heavenly light."

Also, the Sabbath is a day that the family should, if possible, spend a portion of it outdoors educating their children about the God who created nature.

My Life Today pg. 287 "During a portion of the day all should have an opportunity to be out of doors. . . . Let their young minds be associated with God in the beautiful scenery of nature, let their attention be called to the tokens of His love to man in His created works. . . . As they view the beautiful things which He has created for the happiness of man, they will be led to regard Him as a tender, loving Father. . . . As the character of God puts on the aspect of love, benevolence, beauty, and attraction, they are drawn to love Him.

The Sabbath is the golden clasp that unites God and His people.

It means eternal salvation to keep the Sabbath holy unto the Lord."

We have also been given instruction on traveling on the Sabbath. As far as possible, we should avoid traveling that is not necessary.

Testimonies Vol. 6 pg. 360 "If we desire the blessing promised to the obedient, we must observe the Sabbath more strictly. I fear that we often travel on this day when it might be avoided. In harmony with the light which the Lord has given in regard to the observance of the Sabbath, we should be more careful about traveling on the boats or cars on this day. In these matters we should set a right example before our children and youth. In order to reach the churches that need our help, and to give them the message that God desires them to hear, it may be necessary for us to travel on the Sabbath; but so far as possible we should secure our tickets and make all necessary arrangements on some other day. When starting on a journey we should make every possible effort to plan so as to avoid reaching our destination on the Sabbath.

When compelled to travel on the Sabbath we should try to avoid the company of those who would draw our attention to worldly things. We should keep our minds stayed upon God and commune with Him. Whenever there is opportunity we should speak to others in regard to the truth. We should always be ready to relieve suffering and to help those in need. In such cases God desires that the knowledge and wisdom He has given us should be put to use. But we should not talk about matters of business or engage in any common, worldly conversation. At all times and in all places God requires us to prove our loyalty to Him by honoring the Sabbath."

Special Testimonies to Ministers and Workers No. 3 pg. 42 "We expected to leave for Tasmania on Thursday evening, but learned that the steamer was not going out until Friday afternoon, and would bring us into Launceston after the Sabbath had begun. I could not consent to go on this steamer when we should thus have to trespass on the Sabbath, if there was any way possible by which we could avoid it. We learned that a boat left Melbourne Tuesday afternoon, and we decided that it would be much better to go on this early boat than to travel on the Sabbath. From the light which the Lord has given us in regard to the manner in which the Sabbath should be observed, I fear that we are becoming careless, and often travel on the Sabbath when we might avoid it. We should be more careful about traveling on the boats or in the cars on the Sabbath day. Even if it involves some difficulty, we should make every possible effort so to arrange matters about our traveling, that we need not arrive at our destination on the Sabbath.

Many are becoming careless and irreverent concerning the Sabbath; but if we would have the blessing pronounced that is to be pronounced upon the obedient, it will be necessary that we observe the Sabbath more strictly. Even in traveling upon the cars and steamers, we are to set the right example before our children and youth. It may be necessary for us to travel on the Sabbath in order to reach the churches who need our help, and to give them the message that God would have them hear; but we should secure our tickets, and make all other arrangements on some other day, if it is unavoidable and if we must travel upon the cars or steamboats. When traveling on the cars or boats on the Sabbath day, we should withdraw ourselves from undesirable company, and commune with God. But if through the providence of God, we have an opportunity to speak a word in regard to the truth to those who are in our company, we should improve the opportunity. If any one is suffering, and we can relieve their pain, we should put into exercise the wisdom and knowledge God has given us in doing it. But we need not engage in conversation concerning business matters. We need to be always learning in the school of Christ in order that we may be teachers. Every day our obligation is proportional to our ability. God requires heart-service. He requires that we should be consecrated to him at all times and in all places."

There are times that it is necessary that we have to travel on the Sabbath.

Selected Messages vol. 3 pg. 265 '[En route from Colorado to Battle Creek] Sabbath, November 8, 1873. Traveled on Sabbath, Regretfully. [SEE TESTIMONIES, VOL. 6, P. 360.]' "We rested well on the car during the night. We were unwilling to report ourselves on the cars this morning, but circumstances connected with the cause and work of God demand our presence at the General Conference. We could not delay. If we were doing our own business we should feel it a breach of the fourth commandment to travel on the Sabbath. We engaged in no common conversation. We endeavored to keep our minds in a devotional frame and we enjoyed some of the presence of God while we deeply regretted the necessity of traveling upon the Sabbath.--Manuscript 13, 1873."

Is caring for the sick breaking the forth commandment, isn't a work of mercy?

Matthew 13:10 And he was teaching in one of the synagogues on the sabbath.

13:11 And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up [herself].

13:12 And when Jesus saw her, he called [her to him], and said unto her, Woman, thou art loosed from thine infirmity.

13:13 And he laid [his] hands on her: and immediately she was made straight, and glorified God.

13:14 And the ruler of the synagogue answered with indignation, because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the sabbath day.

13:15 The Lord then answered him, and said, [Thou] hypocrite, doth not each one of you on the sabbath loose his ox or [his] ass from the stall, and lead [him] away to watering?

13:16 And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?

13:17 And when he had said these things, all his adversaries were ashamed: and all the people rejoiced for all the glorious things that were done by him.

Patriarchs and Prophets pg. 296 "God has directed that the sick and suffering be cared for; the labor required to make them comfortable is a work of mercy, and no violation of the Sabbath; but all unnecessary work should be avoided."

Luke 14:1 And it came to pass, as he went into the house of one of the chief Pharisees to eat bread on the sabbath day, that they watched him.

14:2 And, behold, there was a certain man before him which had the dropsy.

14:3 And Jesus answering spake unto the lawyers and Pharisees, saying, Is it lawful to heal on the sabbath day?

14:4 And they held their peace. And he took [him], and healed him, and let him go;

14:5 And answered them, saying, Which of you shall have an ass or an ox fallen into a pit, and will not straightway pull him out on the sabbath day?

14:6 And they could not answer him again to these things.

Medical Ministry pg. 49-50 'The Physician as a Sabbath Observer'

"Christ was a Seventh-day Adventist, to all intents and purposes. It was He who called Moses into the mount and gave him instruction for His people. . . . In awful grandeur Christ made known the law of Jehovah, giving, among other charges, this charge: "Remember the Sabbath day, to keep it holy." My brother, you have not placed upon the Sabbath the sanctity that is required by God. Irreverence has come in, and an example has been set that the Lord does not approve. He is not honored and glorified.

There will always be duties which have to be performed on the Sabbath for the relief of suffering humanity. This is right, and in accordance with the law of Him who says, "I will have mercy, and not sacrifice." But there is danger of falling into carelessness on this point, and of doing that which it is not positively essential to do on the Sabbath.

Unnecessary traveling is done on the Sabbath, with many other things which might be left undone. "Take heed," saith the Lord, "to all thy ways, lest I remove My Holy Spirit because of the lax regard given to My precepts." "Remember the Sabbath day, to keep it holy." Bear in mind the charge to remember. Do not carelessly forget, "Six days shalt thou labor, and do all thy

work." In this time all the duties necessary to prepare for the Sabbath are to be done.--Letter 51, 1901.

Council on Health pg. 236 'The Suffering Never to Be Neglected,' "Often physicians and nurses are called upon during the Sabbath to minister to the sick, and sometimes it is impossible for them to take time for rest and for attending devotional services. The needs of suffering humanity are never to be neglected. The Saviour by His example has shown us that it is right to relieve suffering on the Sabbath. But unnecessary work, such as ordinary treatments and operations that can be postponed, should be deferred. Let the patients understand that physicians and helpers should have one day for rest. Let them understand that the workers fear God and desire to keep holy the day that He has set apart for His followers to observe as a sign between Him and them.

The educators and those being educated in our medical institutions should remember that to keep the Sabbath aright means much to them and to the patrons. In keeping the Sabbath, which God declares shall be kept holy, they give the sign of their order, showing plainly that they are on the Lord's side."

Desire of Ages pg. 207 "The necessities of life must be attended to, the sick must be cared for, the wants of the needy must be supplied. He will not be held guiltless who neglects to relieve suffering on the Sabbath. God's holy rest day was made for man, and acts of mercy are in perfect harmony with its intent. God does not desire His creatures to suffer an hour's pain that may be relieved upon the Sabbath or any other day.

The demands upon God are even greater upon the Sabbath than upon other days. His people then leave their usual employment, and spend the time in meditation and worship. They ask more favors of Him on the Sabbath than upon other days. They demand His special attention. They crave His choicest blessings. God does not wait for the Sabbath to pass before He grants these requests. Heaven's work never ceases, and men should never rest from doing good. The Sabbath is not intended to be a period of useless inactivity. The law forbids secular labor on the rest day of the Lord; the toil that gains a livelihood must cease; no labor for worldly pleasure or profit is lawful upon that day; but as God ceased His labor of creating, and rested upon the Sabbath and blessed it, so man is to leave the occupations of his daily life, and devote those sacred hours to healthful rest, to worship, and to holy deeds. The work of Christ in healing the sick was in perfect accord with the law. It honored the Sabbath."

Special instruction has been given us as to how the Sabbath should be ended.

Child Guidance pg. 537 "As the sun goes down, let the voice of prayer and the hymn of praise mark the close of the sacred hours, and invite God's presence through the cares of the week of labor.

Thus parents can make the Sabbath, as it should be, the most joyful day of the week. They can lead their children to regard it as a delight, the day of days, the holy of the Lord, honorable."

Testimonies Vol. 6 pg. 359 "As the sun goes down, let the voice of prayer and the hymn of praise mark the close of the sacred hours and invite God's presence through the cares of the week of labor.

Thus parents can make the Sabbath, as it should be, the most joyful day of the week. They can lead their children to regard it as a delight, the day of days, the holy of the Lord, honorable.

I counsel you, my brethren and sisters: "Remember the Sabbath day, to keep it holy." If you desire your children to observe the Sabbath according to the commandment, you must teach them by both precept and example. The deep engraving of truth in the heart is never wholly effaced. It may be obscured, but can never be obliterated. The impressions made in early life will be seen in afteryears. Circumstances may occur to separate the children from their parents and their home, but as long as they live the instruction given in childhood and youth will be a blessing."

Christian Experience and Teachings of Ellen G. White p.g 185-191 '32: PREPARING for the JUDGMENT HOUR'

"He cried also in mine ears with a loud voice, saying, Cause them that have charge over the city to draw near, even every man with his destroying weapon in his hand." {CET 185.1}

"And He called to the man clothed with linen, which had the writer's inkhorn by his side; and the Lord said unto him, Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men that sigh and that cry for all the abominations that be done in the midst thereof. And to the others He said in mine hearing, Go ye after him through the city, and smite: let not your eye spare, neither have ye pity: slay utterly old and young, both maids, and little children, and women: but come not near any man upon whom is the mark; and begin at My sanctuary. Then they began at the ancient men which were before the house." Ezekiel 9:1, 3-6.

Jesus is about to leave the mercy seat of the heavenly sanctuary, to put on garments of vengeance, and pour out His wrath in judgments upon those who have not responded to the light God has given them. "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Ecclesiastes 8:11. Instead of being softened by the patience and long forbearance that the Lord has exercised toward them, those who fear not God and love not the truth, strengthen their hearts in their evil course. But there are limits even to the forbearance of God, and many are exceeding these boundaries. They have overrun the limits of grace, and therefore God must interfere and vindicate His honor.

Of the Amorites, the Lord said, "In the fourth generation they shall come hither again, for the iniquity of the Amorites is not yet full." Although this nation was conspicuous because of its idolatry and corruption, it had not yet filled up the cup of its iniquity, and God would not give command for its utter destruction. The people were to see the divine power manifested in a marked manner, that they might be left without excuse. The compassionate Creator was willing to bear with their iniquity until the fourth generation. Then, if no change was seen for the better, His judgments were to fall upon them.

With unerring accuracy, the Infinite One still kept an account with all nations. While His mercy is tendered, with calls to repentance, this account will remain open; but when the figures

reach a certain amount which God has fixed, the ministry of His wrath commences. The account is closed. Divine patience ceases. There is no more pleading of mercy in their behalf. . . .

The crisis is fast approaching. The time for God's visitation has about come. Although loth to punish, nevertheless He will punish, and that speedily. Those who walk in the light will see signs of the approaching peril; but they are not to sit in quiet, unconcerned expectancy of the ruin, comforting themselves with the belief that God will shelter His people in the day of visitation. Far from it. They should realize that it is their duty to labor diligently to save others, looking with strong faith to God for help. "The effectual, fervent prayer of a righteous man availeth much." James 5:16.

The leaven of godliness has not entirely lost its power. At the time when the danger and depression of the church are greatest, the little company who are standing in the light will be sighing and crying for the abominations that are done in the land. But more especially will their prayers arise in behalf of the church, because its members are doing after the manner of the world.

The earnest prayers of this faithful few will not be in vain. When the Lord comes forth as an avenger, He will also come as a protector of all those who have preserved the faith in its purity, and kept themselves unspotted from the world. It is at this time that God has promised to avenge His own elect which cry day and night unto Him, though He bear long with them.

The day of God's vengeance is just upon us. The seal of God will be placed upon the foreheads of those only who sigh and cry for the abominations done in the land. Those who link in sympathy with the world are eating and drinking with the drunken, and will surely be destroyed with the workers of iniquity. "The eyes of the Lord are upon the righteous, and His ears are open unto their cry;" but "the face of the Lord is against them that do evil." Psalm 34:15, 16.

Our own course of action will determine whether we shall receive the seal of the living God, or be cut down by the destroying weapons. Already a few drops of God's wrath have fallen upon the earth; but when the seven last plagues shall be poured out without mixture into the cup of His indignation, then it will be forever too late to repent, and find shelter. No atoning blood will then wash away the stains of sin.

"And at that time shall Michael stand up, the great prince which standeth for the children of thy people; and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, everyone that shall be found written in the book." Daniel 12:1. When this time of trouble comes, every case is decided; there is no longer probation, no longer mercy for the impenitent. The seal of the living God is upon His people.

This small remnant, unable to defend themselves in the deadly conflict with the powers of earth that are marshaled by the dragon host, make God their defense. The decree has been passed by the highest earthly authority that they shall worship the beast and receive his mark under pain of persecution and death. May God help His people now, for what can they then do in such a fearful conflict without His assistance!

Courage, fortitude, faith, and implicit trust in God's power to save, do not come in a moment. These heavenly graces are acquired by the experience of years. By a life of holy endeavor and firm adherence to the right, the children of God were sealing their destiny. Beset with temptations without number, they knew they must resist firmly or be conquered. They felt that they had a great work to do, and at any hour they might be called to lay off their armor; and should they come to the close of life with their work undone, it would be an eternal loss. They

eagerly accepted the light from Heaven, as did the first disciples from the lips of Jesus. When those early Christians were exiled to mountains and deserts, when left in dungeons to die with hunger, cold, and torture, when martyrdom seemed the only way out of their distress, they rejoiced that they were counted worthy to suffer for Christ, who was crucified for them. Their worthy example will be a comfort and encouragement to the people of God who will be brought into the time of trouble such as never was.

Not all who profess to keep the Sabbath will be sealed. There are many even among those who teach the truth to others who will not receive the seal of God in their foreheads. They had the light of truth, they knew their Master's will, they understood every point of our faith, but they had not corresponding works. These who were so familiar with prophecy and the treasures of divine wisdom, should have acted their faith. They should have commanded their households after them, that by a well-ordered family they might present to the world the influence of the truth upon the human heart.

Not one of us will ever receive the seal of God while our characters have one spot or stain upon them. It is left with us to remedy the defects in our characters, to cleanse the soul-temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the day of Pentecost.

We are too easily satisfied with our attainments. We feel rich and increased with goods, and know not that we are "wretched, and miserable, and poor, and blind, and naked." Revelation 3:17. Now is the time to heed the admonition of the True Witness: "I counsel thee to buy of Me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see." Verse 18.

In this life we must meet fiery trials and make costly sacrifices, but the peace of Christ is the reward. There has been so little self-denial, so little suffering for Christ's sake, that the cross is almost entirely forgotten. We must be partakers with Christ of His sufferings, if we would sit down in triumph with Him on His throne. So long as we choose the easy path of self-indulgence, and are frightened at self-denial, our faith will never become firm, and we cannot know the peace of Jesus, nor the joy that comes through conscious victory. The most exalted of the redeemed host that stand before the throne of God and the Lamb, clad in white, know the conflict of overcoming, for they have come up through great tribulation. Those who have yielded to circumstances rather than engage in this conflict, will not know how to stand in that day when anguish will be upon every soul, when, though Noah, Job, and Daniel were in the land, they could save neither son nor daughter, for everyone must deliver his soul by his own righteousness.

No one need say that his case is hopeless, that he cannot live the life of a Christian. Ample provision is made by the death of Christ for every soul. Jesus is our ever-present help in time of need. Only call upon Him in faith, and He has promised to hear and answer your petitions.

Oh, for living, active, faith! We need it; we must have it, or we shall faint and fail in the day of trial. The darkness that will then rest upon our path must not discourage us, or drive us to despair. It is the veil with which God covers His glory when He comes to impart rich blessings. We should know this by our past experience. In that day when God has a controversy with His people, this experience will be a source of comfort and hope.

It is now that we must keep ourselves and our children unspotted from the world. It is now that we must wash our robes of character and make them white in the blood of the Lamb. It is now that we must overcome pride, passion, and spiritual slothfulness. It is now that we must awake, and make determined effort for symmetry of character. "Today

if ye will hear His voice, harden not your hearts." Hebrews 4:7. We are in a most trying position, waiting, watching for our Lord's appearing. The world is in darkness. "But ye, brethren," says Paul, "are not in darkness, that that day should overtake you as a thief." 1 Thessalonians 5:4. It is ever God's purpose to bring light out of darkness, joy out of sorrow, and rest out of weariness, for the waiting, longing soul.

What are you doing, brethren, in the great work of preparation? Those who are uniting with the world, are receiving the worldly mold, and preparing for the mark of the beast. Those who are distrustful of self, who are humbling themselves before God and purifying their souls by obeying the truth,--these are receiving the heavenly mold, and preparing for the seal of God in their foreheads. When the decree goes forth, and the stamp is impressed, their character will remain pure and spotless for eternity.

Now is the time to prepare. The seal of God will never be placed upon the forehead of an impure man or woman. It will never be placed upon the forehead of the ambitious, world-loving man or woman. It will never be placed upon the forehead of men or women of false tongues or deceitful hearts. All who receive the seal must be without spot before God,--candidates for heaven. Search the Scriptures for yourselves, that you may understand the fearful solemnity of the present hour."

I pray that you will prayerfully study this and that this can be a blessing to you. This study in no wise is the conclusion of the whole matter, this is just the beginning of a deeper individual study. We should be Berians as to in Act's 17:11 for ourselves to know the truth.- B Brown