

Several years ago a Christian Bible worker, making his way from house to house, stopped to talk to a man working in his front garden. When the Christian invited the man to take some time to become acquainted with the Bible and it's message, he was told in no uncertain terms that this man was too busy to take time for Bible study. To further emphasize how busy he was, the man said, "I'm so busy, I don't even have time to read the papers!"

Many people have this attitude today. It seems that they are so busy that they are unable to do all of the things they should. Some people secretly wish that they could give more time to God, but the question is - where to find it? We should be thankful that God understands the problems that face us today. He has made provision for us to have time for study, worship, and communion with Him. God knew that as time passed and life became more complex man would have a tendency to forget the relationship that existed between him and his Maker. Therefore, God set aside a special time so that man could refresh himself, setting aside his many problems, troubles, and perplexities to again renew his relationship with his heavenly Father.

A psychiatrist once told a patient that what he needed to do was to totally relax. For a fee of £30 a week the psychiatrist taught him to do this. He was to put every problem and worry out of his mind. The psychiatrist maintained that if every person would put all of his daily perplexities out of his mind for one day a week and relax completely, there would be little need for mental institutions. God has set aside such a day in which He wants us to renew our physical and spiritual strength. So let us learn about this day from Him.

- **1.** In the New Testament, what does Christ, our Lord, call His special day for rest and worship? **Revelation 1:10** -
- 2. Of which day did Jesus say He was Lord? Matthew 12:8 -

Note: The Lord says that this is His holy day. Isaiah 58:13.

3. Which day is the Sabbath of the Lord your God? Exodus 20:8-11 -

Note: From **Colossians 1:16** and **John 1:1-3** we learn that it was Jesus who was the active agent of creation. It was He therefore who rested on the Sabbath and blessed and sanctified it.

4. For whom did God make the Sabbath a memorial of His creative power?

Mark 2:27-28 -

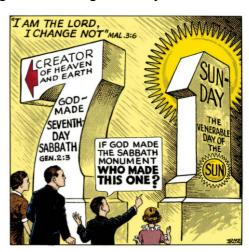
| 5. How many of the earth's people were given the Sabbath as a memorial and a rest day? Isaiah 56:1-7 - |
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| "Mine house shall be called |
| " (Vs.7) |
| 6. What punishment did God predict would befall the Jewish nation if they failed to keep the Sabbath holy? Jeremiah 17:27 - |
| 7. What example did Jesus give us regarding the seventh-day Sabbath? Luke 4:16 - |
| 8. How did Jesus preserve the sacredness of the Sabbath forty years after His resurrection? Matthew 24:20 - |
| Note: Jerusalem was destroyed in 70 A.D. |
| 9. How did Christ's followers honour His holy day after the crucifixion? Luke 23:56 - |
| 10. When did the Gentiles request that the truth of Christ should be preached to them by Paul? Acts 13:42-44 - |
| 11. Like his Master, what did Paul do on the Sabbath day? Acts 17:2, 18:3-4 |
| 12. On what day will all flesh worship God in the New Earth? |
| 13. What does God ask His people to do in regard to His holy day? |
| 14. How do we express our love to God for creating and redeeming us? 1 John 5:1-3 - |

15. Whose example will the Christian follow in choosing a day of worship?

1 John 2:6-7 -

Several times in the Bible God states that the one act that sets Him apart as the true God is His creative power. It was He who created the world. This earth did not come into existence by some strange chance, cosmic explosion, or evolutionary process. The Bible teaches us that God, in His own wisdom, planned this world and by His creative power brought it into existence. The Sabbath was made as the memorial of His creative ability. It was also to be an oasis for man's soul in which he can find rest and restoration through communion with his Maker. The relationship of creature to Creator is the true basis for all worship. Since this relationship can never be changed, all through eternity all creation

will worship God on His Sabbath day. Never, more than now, has man needed a time to remember God and His work of creation. Never has man needed a time to rest and completely put out of his mind the cares of this life more than today. Only by following our Lord's example and using His time as He instructed will man be able to find the blessing that God has promised to those who will honour Him as the Creator. Jesus urged us to follow in His footsteps, and to follow His example.



Should we not do the same in the matter of Sabbath keeping?

| It is my desire to honour my Lord as Creator and Redeemer. I am willing to follow in the footsteps of my Lord. |
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This study has been faithfully updated from the original "The Bible Speaks"

All Bible texts quoted are from the King James Bible

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