

Questions About How to Explain to Friends and Family That You Are Making A Change to Sabbath

By Pastor Ed Anderson

1. How do I explain to my friend, who is very special and dear to me, that I will no longer be able to come out on Friday's for our Saturday adventures> I know the truth will be the start, but from there? I don't want to lose touch, and I am concerned I will.

Answer:

How Do I Tell My Friend?

You asked how to tell your dear friend that you won't be going on Saturday adventures anymore — and how to do so without losing the friendship. Here's a suggested approach you can take, prayerfully and lovingly:

"You mean so much to me, and I'm so grateful for the memories and friendship we've built together. I want to be honest with you about something that's been stirring in my heart. Recently, I've been studying the Bible more deeply, and I've come to believe that God has set aside the Sabbath — Saturday — as a sacred day for rest, worship, and connection with Him.

This isn't about legalism or judging others — it's simply a new conviction I'm following as part of growing in my relationship with God. It doesn't change how much I care about you or value our time together. I'd still love to go on rides or explore, maybe just on a different day.

I hope you'll understand and still be part of my life. You're a blessing to me."

Following the Lamb, Wherever He Leads

Revelation 14:4 describes a special group who "follow the Lamb wherever He goes." That's you.

It may not be easy, but obedience to Jesus always brings joy, peace, and intimacy with God in the long run. You're not losing anything — you're gaining everything.

I will be praying for you:

1. That your words will be gentle, Spirit-led, and clear
2. That your friend will respond with love and respect
3. That your faith will be strengthened even more as you walk this new path

You are not alone in this journey. Heaven sees, the church supports you, and I am here for you.

2. How do I tell my Sunday pastor, my church friends, and Sunday church community, friends and family that I'm no longer going to worship on Sunday at the church I've been going to and teach at as a Sunday school teacher for years - but rather going to worship on Saturday, sabbath?

Answer:

That's a deeply personal and courageous question — one that deserves both **truth** and **grace** in equal measure. What you're describing isn't just a change in schedule; it's a change of *conviction, identity, and worship rhythm*. The way you communicate it can determine whether the door stays open for future conversation — or quietly closes.

Here's a prayerful, step-by-step way to go about it, along with example words you can use.

1. Prepare Spiritually Before You Speak

Before you say anything, spend time in **prayer and Scripture**.

Ask the Lord to:

- Guard your tone with humility and peace.
- Give your pastor and friends a listening heart.
- Keep your own spirit free from defensiveness or pride.

Remember, you're not *leaving* Christ's people — you're *following* Christ's truth as you now understand it.

“If any man will do His will, he shall know of the doctrine...” — *John 7:17*

2. Talk With Your Pastor First — Privately and Respectfully

This shows honor and allows him to hear your heart before rumors or confusion spread.

You might say something like this:

“Pastor, I want to thank you for years of ministry and the ways God has worked through you in my life. My walk with Jesus has been enriched here, and I’m grateful.

In recent months, through deep study and prayer, I’ve become convicted about the seventh-day Sabbath as part of God’s ongoing commandment. This isn’t out of rebellion or criticism — it’s out of conscience. Because of that conviction, I’ll be worshiping on Saturday from now on.

I still love this church family, and I hope we can remain friends and co-laborers in Christ’s larger kingdom.”

Even if he disagrees, he’ll hear your sincerity and respect your honesty.

3. Speak Personally to Close Friends and Family

Each relationship deserves its own tone. Keep it *relational*, not *theological debate*.

Try this:

“I love our fellowship and the friendships we’ve shared for so many years. I haven’t left Jesus — I’m following Him more closely as He’s been leading me to keep His Sabbath. This isn’t about rejecting our church or judging anyone. It’s about walking in the light I’ve been shown.”

Your warmth will preach louder than your words.

4. When You Address the Larger Church or Class (If Needed)

If you’ve been a long-time Sunday school teacher, people will notice your absence. You can write or share a brief, grace-filled note such as:

“After much study, prayer, and searching of Scripture, I’ve come to believe that the seventh-day Sabbath (Saturday) remains God’s appointed day of rest and worship. Out of obedience to that conviction, I’ll be keeping that day sacred and stepping back from Sunday teaching.

This church has been a family to me, and I hold each of you in love. Please know that my heart is still with Jesus and with every believer who lifts up His name.”

Keep it short, thankful, and peaceful. Don’t debate or defend. Let the Holy Spirit do the explaining.

5. Expect Mixed Reactions — and Respond With Grace

Some will misunderstand, others will admire your courage, and a few might quietly start studying for themselves.

Your calm spirit will speak volumes:

“A soft answer turneth away wrath.” — *Proverbs 15:1*

You’re not trying to “win an argument”; you’re modeling obedience, humility, and love.

Final Encouragement

- You are **not leaving the body of Christ** — you’re answering a deeper call to walk in His commandments.
- Don’t burn bridges; **build relational pathways** for when curiosity or conviction brings them to ask questions later.
- Continue loving, helping, and praying for your Sunday-keeping friends. Let them see your joy and peace in Sabbath rest.

“When a man’s ways please the Lord, He maketh even his enemies to be at peace with him.” — *Proverbs 16:7*

Here’s a **grace-filled, truth-centered response** you can share with your Sunday pastor, friends, and church community — either as a **letter, conversation, or email**. It affirms your gratitude for your church, your love for Christ, and your obedience to the conviction God has placed on your heart — without sounding divisive or judgmental.

SAMPLE LETTER / MESSAGE:

Dear Pastor [Name], Church Family, and Dear Friends,

I want to begin by saying thank you.

Thank you for walking with me in Christ. Thank you for the countless ways you've prayed, taught, served, and grown together with me in faith. This church has been home for many years, and I don't take that lightly.

Over the past several months, I've been on a deeply personal journey of study and prayer. Through Scripture and the prompting of the Holy Spirit, I've come to believe that the **seventh-day Sabbath — Saturday — is still the day of rest and worship God has called us to honor.**

This conviction hasn't come lightly. It wasn't driven by tradition, pressure, or preference — but by a sincere desire to follow Jesus more fully. I believe the Sabbath was **blessed and made holy at Creation** (Genesis 2:1–3), **written by God's own finger in the Ten Commandments** (Exodus 20:8–11), **kept by Jesus Himself** (Luke 4:16), and **will even be honored in the New Earth** (Isaiah 66:22–23).

Because of that, I'll no longer be attending or teaching on Sundays. Instead, I will be worshiping on the seventh day — Saturday — as the Lord leads me.

Please understand:

- I am **not leaving Jesus**. In fact, I'm drawing even closer to Him.
- I am **not judging anyone**. I'm simply walking in the light God has given me.
- I am **not cutting off relationships**. I still love and cherish every one of you.

This isn't a break from fellowship — it's a step of obedience. One that I believe will deepen my relationship with the Lord and grow my understanding of His rest, rhythm, and redemption.

I welcome conversations, prayers, and ongoing friendship. And I will always be grateful for the foundation of faith we've built together.

With love and sincerity,
[Your Name]

Final Thoughts:

- Speak gently, but boldly.
- Avoid getting into debates — speak from conviction, not criticism.

- Keep the door open for future fellowship.
- Let your peace and joy in the Sabbath shine as your witness.