



Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: 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: 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.

Exodus 20:8-11

“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: 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.” Isaiah 58:13, 14.

“The Sabbath is not introduced as a new institution but as having been founded at creation. It is to be remembered and observed as the memorial of the Creator’s work. Pointing to God as the Maker of the heavens and the earth, it distinguishes the true God from all false gods. All who keep the seventh day signify by this act that they are worshipers of Jehovah. Thus the Sabbath is the sign of man’s allegiance to God as long as there are any upon the earth to serve Him. *The fourth commandment is the only one of all the ten in which are found both the name and the title of the Lawgiver. It is the only one that shows by whose authority the law is given. Thus it contains the seal of God, affixed to His law as evidence of its authenticity and binding force.*

“God has given men six days wherein to labor, and He requires that their own work be done in the six working days. Acts of necessity and mercy are permitted on the Sabbath, the sick and suffering are at all times to be cared for; but unnecessary labor is to be strictly avoided. ‘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, honorable; and ... honor Him, not doing thine own ways, nor finding thine own pleasure.’ Isaiah 58:13. Nor does the prohibition end

here. ‘Nor speaking thine own words,’ says the prophet. Those who discuss business matters or lay plans on the Sabbath are regarded by God as though engaged in the actual transaction of business. To keep the Sabbath holy, we should not even allow our minds to dwell upon things of a worldly character. And the commandment includes all within our gates. The inmates of the house are to lay aside their worldly business during the sacred hours. All should unite to honor God by willing service upon His holy day.” *Patriarchs and Prophets*, 307, 308.

“The Sabbath was hallowed at the creation. As ordained for man, it had its origin when ‘the morning stars sang together, and all the sons of God shouted for joy.’ Job 38:7. Peace brooded over the world; for earth was in harmony with heaven. ‘God saw everything that He had made, and, behold, it was very good; and He rested in the joy of His completed work. Genesis 1:31.

“Because He had rested upon the Sabbath, ‘God blessed the seventh day, and sanctified it,’—set it apart to a holy use. He gave it to Adam as a day of rest. *It was a memorial of the work of creation, and thus a sign of God’s power and His love.* The Scripture says, ‘He hath made His wonderful works to be remembered.’ ‘The things that are made,’ declare ‘the invisible things of Him since the creation of the world,’ ‘even His everlasting power and divinity.’ Genesis 2:3; Psalm 111:4; Romans 1:20, R. V.

“All things were created by the Son of God. ‘In the beginning was the Word, and the Word was with God.... All things were made by Him; and without Him was not anything made that was made.’ John 1:1-3. And since the Sabbath is a memorial of the work of creation, *it is a token of the love and power of Christ.*

“The Sabbath calls our thoughts to nature, and brings us into communion with the Creator. In the song of the bird, the sighing of the trees, and the music of the sea, we still may hear His voice who talked with Adam in Eden in the cool of the day. And as we behold His power in nature we find comfort, for the word that created all things is that which speaks life to the soul. He ‘who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.’ 2 Corinthians 4:6.

“It was this thought that awoke the song,—
 ‘Thou, Lord, hast made me glad through Thy work;
 I will triumph in the works of Thy hands.
 O Lord, how great are Thy works!
 And Thy thoughts are very deep.’
 Psalm 92:4, 5.

“And the Holy Spirit through the prophet Isaiah declares: ‘To whom then will ye liken God? or what likeness will ye compare unto Him? ... Have ye not known? have ye not heard? hath it not been told you from the beginning? have ye not understood from the foundations of the earth? It is He that sitteth upon the circle of the earth, and the inhabitants thereof are as grasshoppers; that stretcheth out the heavens as a curtain, and spreadeth them out as a tent to dwell in.... To whom then will ye liken Me, or shall I be equal? saith the Holy One. Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: He calleth them all by names by the greatness of His might, for that He is strong in power; not one faileth. Why sayest thou, O Jacob, and speakest, O Israel, My way is hid from the Lord, and my judgment is passed over from my God? Hast thou not known? hast thou

not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? ... He giveth power to the faint; and to them that have no might He increaseth strength.' 'Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness.' 'Look unto Me, and be ye saved, all the ends of the earth: for I am God, and there is none else.' This is the message written in nature, which the Sabbath is appointed to keep in memory. When the Lord bade Israel hallow His Sabbaths, He said, 'They shall be a sign between Me and you, that ye may know that I am Jehovah your God.' Isaiah 40:18-29; 41:10; 45:22; Ezekiel 20:20, R. V.

"The Sabbath was embodied in the law given from Sinai; but it was not then first made known as a day of rest. The people of Israel had a knowledge of it before they came to Sinai. On the way thither the Sabbath was kept. When some profaned it, the Lord reproveth them, saying, 'How long refuse ye to keep My commandments and My laws?' Exodus 16:28.

"The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the Decalogue, it is of imperishable obligation. *Of that law of which the fourth commandment forms a part, Christ declares, 'Till heaven and earth pass, one jot or one tittle shall in nowise pass from the law.' So long as the heavens and the earth endure, the Sabbath will continue as a sign of the Creator's power.* And when Eden shall bloom on earth again, God's holy rest day will be honored by all beneath the sun. 'From one Sabbath to another' the inhabitants of the glorified new earth shall go up 'to worship before Me, saith the Lord.' Matthew 5:18; Isaiah 66:23.

"No other institution which was committed to the Jews tended so fully to distinguish them from surrounding nations as did the Sabbath. God designed that its observance should designate them as His worshipers. It was to be a token of their separation from idolatry, and their connection with the true God. *But in order to keep the Sabbath holy, men must themselves be holy. Through faith they must become partakers of the righteousness of Christ.* When the command was given to Israel, 'Remember the Sabbath day, to keep it holy,' the Lord said also to them, 'Ye shall be holy men unto Me.' Exodus 20:8; 22:31. Only thus could the Sabbath distinguish Israel as the worshipers of God.

"As the Jews departed from God, and failed to make the righteousness of Christ their own by faith, the Sabbath lost its significance to them. Satan was seeking to exalt himself and to draw men away from Christ, and he worked to pervert the Sabbath, because it is the sign of the power of Christ. The Jewish leaders accomplished the will of Satan by surrounding God's rest day with burdensome requirements. In the days of Christ the Sabbath had become so perverted that its observance reflected the character of selfish and arbitrary men rather than the character of the loving heavenly Father. The rabbis virtually represented God as giving laws which it was impossible for men to obey. They led the people to look upon God as a tyrant, and to think that the observance of the Sabbath, as He required it, made men hard-hearted and cruel. It was the work of Christ to clear away these misconceptions. Although the rabbis followed Him with merciless hostility, He did not even appear to conform to their requirements, but went straight forward, keeping the Sabbath according to the law of God." *Desire of Ages*, 281-283.

"The Lord says, '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, honorable; ... then shalt thou delight thyself in the Lord.' Isaiah 58:13, 14. To all who receive the Sabbath as a sign of Christ's creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him. The Sabbath points them to the works of creation as an evidence of His mighty power in redemption. While it calls to mind the lost peace of Eden, it tells of peace restored through the Saviour. And every object in nature repeats His invitation, 'Come unto Me, all ye that labor and are heavy-laden, and I will give you rest.' Matthew 11:28." *Desire of Ages*, 289.

"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." *God's Amazing Grace*, 156.

"And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads." Revelation 7:2, 3.

"And it was commanded them that they should not hurt the grass of the earth, neither any

green thing, neither any tree; but only those men which have not the seal of God in their foreheads." Revelation 9:4.

"The Sabbath will be the great test of loyalty, for it is the point of truth especially controverted. When the final test shall be brought to bear upon men, then the line of distinction will be drawn between those who serve God and those who serve Him not. While the observance of the false sabbath in compliance with the law of the state, contrary to the fourth commandment, will be an avowal of allegiance to a power that is in opposition to God, the keeping of the true Sabbath, in obedience to God's law, is an evidence of loyalty to the Creator. While one class, by accepting the sign of submission to earthly powers, receive the mark of the beast, the other choosing the token of allegiance to divine authority, receive the seal of God." *Great Controversy*, 605.

"Great blessings are promised to those who place a high estimate upon the Sabbath, and realize the obligations resting upon them in regard to its observance."

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For information on how to prepare to receive the seal of God, contact:

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The seal of God, the fourth commandment, includes - Name of the Lawgiver - Lord God; Title of the Lawgiver - Creator; Territory of the Lawgiver - Heaven and earth