

Today we live under stress, fatigue, and anxiety, which affect our health and happiness. 70% to 90% of all illnesses are psychosomatic, the result of our worries. We need physical and spiritual rest, to be in touch with our inner self and with our Creator, whom many of us have ignored or even rejected. When we observe creation, we are astonished. Take, for example, the birth of a child, a being that can see, hear, move, and make sounds. The human mind, with its tremendous capacity to reason; the eye with its complicated functions; if we look at the stars of outer space, or the tiniest insects, the lovely flowers in our garden, a baby's smile, we cannot but praise God. Psalms 139:13, 14.



LET'S HONOR THE CREATOR!

1. **What does God deserve for what He has created? Revelation 4:11.**

2. **Did God need thousands of years to create the world? How long did it take Him? Genesis 1:31.**

- On the first day, He made light (Genesis 1:1-5). The earth was without form and void.
- On the second day, He made the atmosphere and the firmament (verses 6-8).
- On the third day, He made land and plants (verses 9-13).
- On the fourth day, He organized the solar system: the sun, moon, and stars (verses 14-19).
- On the fifth day, He made the fish and birds (verses 20-23).
- On the sixth day, He made the animals of the land and man (verses 24-28,31).

3. **What did He do on the seventh day? Genesis 2:1-3.** God _____ the seventh day.

- a) God did not rest because He was tired but to give us an example.
- b) God does not void what He has blessed and sanctified. Numbers 23:19, 20.

Monuments are often constructed to honor great men and women, such as liberators, heroes, poets, explorers, teachers, mothers; people who have served humanity or saved a life.

In Bern, Switzerland there is even a monument to a St. Bernard that rescued 14 people in the Alps.

4. **What monument was established in the fourth commandment of God's Holy Law to honor Him as Creator? Exodus 20:8-11.**

THE KEEPING OF THE SABBATH DAY OVER TIME

5. **What does God consider the Sabbath? Ezekiel 20:12, 20.**

A seal has three main features: 1. Name, 2. Title, 3. Jurisdiction. In the fourth commandment (Exodus 20:8-11) we find the following features:

1. **Name:** The Lord thy God
2. **Title:** Creator (He made...)
3. **Jurisdiction:** Heaven and earth.

6. **Was the Sabbath day observed before the law was given at Mount Sinai? Exodus 16:15, 21-30.**

Proof of this is the miracle of _____. Ever since then, the order of the week has never changed in the ancient Jewish calendar, nor in our own.

7. How did Isaiah describe the Sabbath day? Isaiah 58:13, 14. _____

8. Was the Sabbath also for non-Jewish believers of the Old Testament and all Christians today? Isaiah 56:2-7. _____

DID JESUS AND HIS APOSTLES KEEP THE SABBATH?

9. What is Jesus' relationship to the Sabbath?

- a) Christ Himself created it. John 1:1-14; Colossians 1:15-17.
- b) He promulgated the law at Mount Sinai. Nehemiah 9:12, 13; 1 Corinthians 10:4.

10. What was Jesus' custom when He lived on this earth? Luke 4:16, 31. _____

11. Was the Sabbath established for all men? Mark 2:27, 28. _____

- a) He is the Lord, Owner and Author of the Sabbath, so it is the day of the Lord.
- b) He taught how to keep it by doing good and preaching on that day. Matthew 12:11-12.

12. What day did Mary (the mother of Jesus) and the other faithful women who had been taught by Jesus keep, after His crucifixion? Luke 23:56. _____

13. Would the Sabbath continue to be holy after Christ's death? What advice did He give His disciples when He foretold the destruction of Jerusalem, which came more than 40 years later (70 A.D.)? Matthew 24:20. _____

14. Did the apostles keep the Sabbath?

- a) In Corinth. Acts 18:3, 4.
- b) In Thessalonica. Acts 17:2, 3.
- c) In Antioch. Acts 13:14, 42, 44.
- d) In Philippi, by the river. Acts 16:13.

15. Where will the Sabbath be kept for eternity? Isaiah 6:22, 23. _____

CONCLUSION

- Jesus explained that the Sabbath was created for man's benefit. Mark 2:27.
- It is the best way to conquer stress and fatigue. It offers us rest for the body, soul and spirit.
- It is a day of communion with Jesus as we gather together, as He did. Thus, we strengthen our relationship with Him and are relieved of psychological stress by receiving rest and peace for the soul. Matthew 11:28-30.
- We honor the Author of life when we enjoy nature and give Him honor, glory and power for creating everything.
- It is a day to dedicate to the family and to teach our children the ways of God.

16. How is it possible to keep that day holy in a world that is upside down? Philippians 4:13; Psalms 37:3-5; Isaiah 65:13. _____

We are happy when we can show our love to God! We will have a clear conscience and the certainty of our duty fulfilled!

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My decision: *I believe that the Sabbath is the true day of rest and I am willing to keep it.*

- Yes No
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