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Memory Verse: Genesis 2:2-3 "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. 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."

I. The Origin of the Sabbath

1. The Bible begins in the beginning. What did God do in the beginning? Genesis 1:1. "In the _____ God _____ the _____ and the _____." The rest of Genesis 1 tells how God created each thing.

What does the last verse tell us? Genesis 1:31 "And God saw _____ thing that he had _____, and, behold, it was very _____. And the evening and the morning were the _____ day." How long did it take God to create the heaven and the earth? _____ days.

What does the next verse say? Genesis 2:1 "Thus the heavens and the earth were _____, and _____ the host of them."

What had God just finished doing?

He had finished C_____ the heavens and the _____.

2. Which day did God set apart to commemorate His work of creation? Genesis 2:2 "And on the _____ day God ended his work which he had made; and he _____ on the _____ day from all his work which he had _____."

3. What 3 things did God do on the 7th day? Genesis 2:2,3

"He _____ on the seventh day from all his work which he had made.

And God _____ the seventh day,

And _____ it:

B_____ that in it he had rested from all his work which God _____ and _____."

Note: "The Lord gave his law before there was a Jew in the world. Heavenly intelligences were governed by God's law before man was created, and the Sabbath was blessed and set apart for holy use immediately after God had made the world, and had rested from his work of creation."

ST October 2, 1893, par.9

"The Sabbath is not Jewish in its origin. **It was instituted in Eden** before there were such a people known as the Jews. **The Sabbath was made for all mankind**, and was instituted in Eden before the fall of man. The Creator called it 'my holy day.' Christ announced himself as 'The Lord of the Sabbath.' Beginning with creation, it is as old as the human race, and **having been made for man it will exist as long as man shall exist**. Hallowed by the Creator's rest and blessing, the Sabbath was kept by Adam in his innocence in holy Eden, by Adam fallen, yet repentant, when he was driven from his happy estate. It was kept by all the patriarchs from Abel to Noah, to Abraham, to Jacob. When the chosen people were in bondage in Egypt, many, in the midst of the prevailing idolatry, lost their knowledge of God's law; but when the Lord delivered Israel, he proclaimed his law in awful grandeur to the assembled multitude, that they might know his will, and fear and obey him forever."

ST, November 12, 1894 par. 7

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II. God's Law and the Sabbath

4. When the children of Israel came out of Egypt, what did God give to test them?

Exodus 16:4 "Then said the Lord unto Moses, Behold, I will rain _____ from heaven for you; and the people shall go out and _____ a certain rate every _____, that I may _____ them, whether they will _____ in my _____, or no." What did they call this bread from heaven? Ex. 16:15 "It is _____."

5. What would happen differently on the 6th day? Exodus 16:5 "And it shall come to pass, that on the _____ day they shall prepare that which they bring in; and it shall be _____ as much as they gather _____."

On the 6th day they were to gather _____ as much as on the other days.

6. Why should they gather twice as much on the 6th day? Exodus 16:22-23

"And it came to pass, that on the _____ day they gathered _____ as much bread, two omers for one man: and all the rulers of the congregation came and told Moses. And he said unto them, This is that which the Lord hath said, To morrow is the _____ of the holy _____ unto the Lord: bake that which ye will _____ to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be _____ until the morning."

7. What happened on the other days if they kept any of it until the next day? Ex. 16:20

"Notwithstanding they hearkened not unto Moses; but _____ of them _____ of it until the morning, and it bred _____, and _____: and Moses was wroth with them."

Only on the _____ day could they keep any of it until the next day. On every other day it would spoil – it would breed _____ and _____.

8. Why should they keep some of it for the next day on the 6th day? Exodus 16:25-26

"And Moses said, _____ that to day; for to day is a _____ unto the Lord: to day ye shall _____ find it in the field. Six days ye shall gather it; but on the _____ day, which is the _____, in it there shall be _____."

9. About which of the 10 commandments was He testing them? Exodus 20:8

The _____ Commandment which says " _____ the _____ day to _____ it _____."

10. What did God say when the people went out to gather manna on the Sabbath?

Exodus 16:27-28 "And it came to pass, that there went out _____ of the people on the _____ day for to gather, and they found _____. And the Lord said unto Moses, How long _____ ye to _____ my _____ and my _____?"

11. Did this happen before or after He gave the 10 commandments on Mt. Sinai?

BEFORE AFTER [Is Exodus 16 before or after Exodus 20?]

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Note: "In the circumstances connected with the giving of the manna, we have **conclusive evidence that the Sabbath was not instituted, as many claim, when the law was given at Sinai.** Before the Israelites came to Sinai they understood the Sabbath to be obligatory upon them. In being obliged to gather every Friday a double portion of manna in preparation for the Sabbath, when none would fall, **the sacred nature of the day of rest was continually impressed upon them.** And when some of the people went out on the Sabbath to gather manna, the Lord asked, 'How long refuse ye to keep My commandments and My laws?' " PP 296.3

12. What did God say we should remember? Exodus 20:8

He said "Remember the _____ day to keep it _____."

Note: The Sabbath must have existed before God gave the 10 Commandments since He is telling them to remember it. They must have known of it before. God knows how easily people forget, so He is telling them that it is important to remember the Sabbath.

"At the very beginning of the fourth precept **God said, 'Remember,'** knowing that man, in the multitude of his cares and perplexities, would be tempted to excuse himself from meeting the full requirements of the law, or in the press of worldly business would forget its sacred importance. It is not the first day, or any common day, but the seventh that God has blessed and set apart for a sacred use. As he surveyed his work of creation, he saw that it was very good, and he rested on that day. And he designed that man should keep it holy because he himself on that day had rested." ST, 7-29-97 par. 7

13. Read Exodus 20:8-11. Even better: Memorize it!

The Sabbath is included in the Ten _____. God must have considered it important.

14. Who spoke the Ten Commandments? Exodus 20:1

"And _____ spake _____ these words, saying,"

15. When God speaks, will He ever change what He has said? Psalm 89:34 YES NO

"My covenant will I _____ break, nor _____ the thing that is gone _____ of my _____."

16. Can God's Law ever be changed? Psalm 111:7-8 YES NO

"The works of his hands are verity and judgment; _____ his commandments are _____. They stand _____ for _____ and _____, and are done in truth and uprightness."

Luke 16:17 "And it is _____ for _____ and _____ to pass, than _____ tittle of the _____ to fail."

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III. Christ and the Sabbath

17. What was Jesus' custom? Luke 4:16 "And he came to Nazareth, where he had been brought up: and, as his _____ was, he _____ into the _____ on the _____ day, and stood up for to read."

18. In the New Testament, what day was the Sabbath? Mark 16:1-2 "And when the _____ was _____, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him. And very early in the _____ the _____ day of the week, they came unto the _____ at the rising of the sun."

The Sabbath was the day before the _____ day of the week, so the Sabbath was the _____ day.

19. Of which day is Jesus the Lord?

Matthew 12:8 "For the Son of man is _____ even of the _____ day."

Mark 2:28 "Therefore the Son of man is Lord also of the _____."

Luke 6:5 "And he said unto them, That the _____ of _____ is _____ also of the _____."

Exodus 20:10 "But the _____ day is the _____ of the _____ thy God: in it thou shalt not do any _____, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:" Which day, then, is the Lord's day? The _____ day is the Sabbath of the Lord.

20. For whom did Jesus make the Sabbath? Mark 2:27 "And he said unto them, The sabbath was made for _____, and not _____ for the _____."

21. Was the Sabbath only for the Jews? Isaiah 56:6-7 "Also the sons of the _____, that join themselves to the _____, to _____ him, and to _____ the name of the Lord, to be his _____, every one that keepeth the _____ from _____ it, and taketh hold of my _____; Even _____ will I bring to my holy mountain, and make them _____ in my house of _____: their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine _____ shall be called an house of _____ for _____ people."

Note: God promised blessings to non-Jews who kept the Sabbath.

22. What did Jesus tell His disciples they should pray for in Matthew 24:20? "But _____ ye that your _____ be not in the winter, _____ on the _____ day:"

Note: Jerusalem was destroyed almost 40 years after Jesus' resurrection, but Jesus expected them to still be keeping the Sabbath at that time.

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IV. The Apostles and the Sabbath

23. What day did Jesus' followers keep?

Luke 23:54 "And that day was the _____, and the _____ drew on."

Luke 23:56 "And they returned, and _____ spices and ointments; and _____ the _____ day according to the _____."

Luke 24:1 "Now upon the _____ day of the week, [after the Sabbath] very early in the _____, they came unto the _____, bringing the _____ which they had _____, [on the 6th day, before the Sabbath began] and certain others with them."

24. What day did Paul, the great apostle to the **Gentiles**, keep?

⑦ Acts 17:2 "And Paul, as his _____ was, went in unto them, and three _____ days reasoned with them out of the _____."

⑦ Acts 13:14 "But when they departed from Perga, they came to Antioch in Pisidia, and went into the synagogue on the _____ day, and sat down."

⑦ Acts 16:13 "And on the _____ we went out of the city by a _____ side, where _____ was wont to be made; and we sat down, and spake unto the women which resorted thither."

⑦ Acts 18:4 "And he reasoned in the synagogue every _____, and _____ the Jews and the Greeks."

25. When did the Gentile converts worship?

⑦ Acts 13:42 "And when the Jews were gone out of the synagogue, the _____ besought that these words might be _____ to them the next _____."

⑦ Acts 13:44 "And the next _____ day came almost the whole city together to _____ the _____ of God."

26. Read Revelation 1:10. On what day did John have this vision? Revelation 1:10

John said "I was in the Spirit on the _____ day."

Which day is the Lord's day? (see Question #19)

⑦ Jesus said He is Lord of the _____ day. (Luke 6:5)

⑦ The _____ th day is the _____ of the Lord. (Exodus 20:10)

27. Which day will we keep in the New Earth? Isaiah 66:22-23 "For as the _____ heavens and the _____ earth, which I will _____, shall remain before me, saith the Lord, so shall your seed and your name remain. And it shall come to _____, that from one new moon to another, and from one _____ to another, shall _____ flesh come to _____ before _____, saith the _____."

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V. Was the Sabbath Changed in the New Testament?

28. Which day did Jesus say He was Lord of? Matthew 12:8

"For the Son of man is _____ even of the _____ day."

Note: If Jesus changed His day from the 7th day to the 1st day, surely He would have told the disciples and they would have worshiped on the 1st day from then on.

29. Read John 20:19 Were they gathered together for a church service on Sunday?

YES NO

On which day were the disciples assembled together?

It was the _____ day of the week.

Why were they assembled together? They were there "for _____ of the Jews".

Does it say they were there for worship? YES NO

Note: They were not gathered in honor of His resurrection, because they did not even believe that He had risen! They were hiding because they were afraid of the Jews.

30. Read Acts 20:7 Were they gathered for a church service on Sunday?

YES NO

The disciples came _____ to break _____.

Were they gathered together in the **morning** or in the **evening**? (underline one)

How do you know?

Paul preached until _____. No morning service would have lasted all night!

Why was Paul preaching to them so late at night? He was ready to _____ on the _____. This was a farewell service. Paul had a lot to say to them before he left.

When did the day begin in Bible times?

Leviticus 23:32 tells us that the Sabbath is to be celebrated from _____ unto _____.

Mark 1:32 tells us that even is when the _____ did _____.

Genesis 1:5 tells us that when God made the earth the _____ and the _____ made the first day.

Which came first: the **morning** or the **evening**? (underline one)

So the day begins at _____ when the _____ sets.

So the evening of the first day of the week is today called S_____ night.

So the meeting was not on S_____ at all, but on S_____ night.

31. Read 1 Corinthians 16:1-2 Does this talk about taking an offering in a church service? YES NO

Paul was giving instruction to the Corinthians about a _____ for the saints. This was a collection for the poor in Judea. Paul collected funds from the various Gentile churches and then took them to Jerusalem when he went there.

Note: "Paul and his companions formally presented to the leaders of the work at Jerusalem the **contributions** forwarded by the **Gentile churches** for the **support of the poor among their Jewish brethren**. The gathering of these contributions had cost the apostle and his fellow workers much time,

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anxious thought, and wearisome labor. The sum, which far exceeded the expectations of the elders at Jerusalem, represented many sacrifices and even severe privations on the part of the Gentile believers.

"These freewill offerings betokened the **loyalty** of the Gentile converts to the organized work of God throughout the world." ... They were given with a "spirit of brotherly love that had prompted the gifts."
AA 399.2,3

What was Paul's counsel to the Corinthians about the collection? On the _____ day of the week they should put aside ["lay by him in store"] what they were going to give for the poor in Jerusalem. That way they would have it ready when he came.

Did he tell them to go to church on the first day of the week and give an offering?

YES NO

32. Other references to the first day of the week in the New Testament:

A. Matthew 28:1,2 "In the _____ of the _____, as it began to _____ toward the _____ day of the week, came Mary Magdalene and the other Mary to see the _____. And, behold, there was a great earthquake: for the _____ of the Lord descended from heaven, and came and _____ back the stone from the _____, and _____ upon it."

B. Mark 16:1,2 "And when the _____ was _____, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and _____ him. And very early in the morning the _____ day of the week, they came unto the _____ at the rising of the _____."

C. Mark 16:9 "Now when Jesus was _____ early the _____ day of the week, he appeared first to Mary Magdalene, out of whom he had cast seven devils."

D. Luke 24:1-3 "Now upon the _____ day of the week, very _____ in the morning, they came unto the sepulchre, bringing the spices which they had _____, and certain others with them. And they found the _____ rolled _____ from the sepulchre. And they entered in, and found _____ the _____ of the Lord Jesus."

E. John 20:1 "The _____ day of the week cometh Mary Magdalene early, when it was yet _____, unto the sepulchre, and seeth the _____ taken away from the sepulchre."

Note: All these texts tell us that Jesus rose on the first day of the week, after the Sabbath was past. None of them say anything about making a new day of worship.

33. There are only 8 texts in the New Testament that mention the first day of the week.

What are they? Matthew _____:_____ John _____:_____
Mark _____:_____ John _____:_____
Mark _____:_____ Acts _____:_____
Luke _____:_____ 1 Cor. _____:_____

Do any of these texts tell us that we should now keep the first day holy instead of the seventh day? YES NO

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34. What did Jesus give as a memorial of His death, burial, and resurrection? Rom. 6:3-6
B_____

➤ How do we commemorate His death and burial?

(v. 3) "Know ye not, that so many of us as were _____ into Jesus Christ were baptized into his _____?"

(v. 4) Therefore we are _____ with _____ by _____ into _____: ...

(v. 5) For if we have been _____ together in the _____ of his _____, ...

(v. 6) Knowing this, that our _____ man is _____ with him, that the body of _____ might be _____, ..."

➤ How do we commemorate His resurrection?

(v. 4) " ... that like as _____ was _____ up from the _____ by the _____ of the Father, even _____ we also should _____ in _____ of life.

(v. 5) ... we shall be also in the _____ of his _____:

(v. 6) ... that henceforth we should _____ serve _____."

B_____ symbolizes our D_____ and B_____ of the _____ man, (the old way of life), and our R_____ to walk in N_____ of life (where we choose not to serve _____.)

Note: "We are **baptized** in the name of the Father, and of the Son, and of the Holy Ghost, and **these three great, infinite powers are unitedly pledged to work in our behalf if we will cooperate with them.** We are buried with Christ in baptism as an **emblem of His death.** LHU 109.2

"We are raised from the water as an **emblem of His resurrection.** We are to live as newborn souls, that we may be raised at the last great day. ... **You are pledged to live in newness of life; for you are dead, and your life is hid with Christ in God.**" LHU 109.3

"Let them remember that their **baptism is a semblance of death to the world, to its fashions, its customs, and its evil practices.** They are to be dead to the world, but **alive unto God.** In Him there is for us the **power of life.**" ("Address to Young People," June 27, 1907.) 5MR 332.4

35. What is the only day God made holy? Genesis 2:3 "And God blessed the _____ day, and _____ it: because that in it he had rested from all his work which God created and made."

36. Jesus said: "If you _____ Me, _____ my commandments." John 14:15

Note: We honor Jesus by obeying Him, not by honoring a day HE never told us to keep.

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VI. Where did Sunday Worship Come From?

Neither Christ nor His disciples changed the Sabbath. Since the Bible does not record any change, we know it must have happened after the Bible was written.

37. This attempted change was predicted by the prophet Daniel. Daniel 7:25
He predicted that a power would rise, which would: "think to _____
and _____."

38. Which of the 10 Commandments has to do with **time**? Look in Exodus 20:3-17.
1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th
It says, "_____ days shalt thou labor, and do all thy work: But the _____
is the Sabbath of the Lord thy God." Exodus 20:_____

39. What power claims to have changed the Sabbath? The _____ Church

"Q. Which day is the Sabbath day?

A. Saturday is the Sabbath day.

Q. Why do we observe Sunday instead of Saturday?

A. We observe Sunday instead of Saturday because the Catholic Church, in the Council of Laodicea (A.D. 336), transferred the solemnity from Saturday to Sunday.

Q. Why did the Catholic Church substitute Sunday for Saturday?

A. The Church substituted Sunday for Saturday because Christ rose from the dead on a Sunday and the Holy Ghost descended upon the apostles on a Sunday.

Q. By what authority did the Church substitute Sunday for Saturday?

A. The Church substituted Sunday for Saturday by the plenitude of that divine power which Jesus Christ bestowed upon her."

(Taken from "The Converts Catechism of Catholic Doctrine", by Peter Geiermann, C.S.S.R., published by B. Herder of St. Louis, MO, in 1910, pages 49,50)

40. What will God do to leaders who ignore the true Sabbath? Ezekiel 22:26,31


"Her _____ have _____ my _____, and have profaned mine
_____ things: they have put no _____ between the _____
and _____, neither have they showed _____ between the
_____ and the _____, and have _____ their eyes from my
_____, and I am _____ among them."


"Therefore have I poured out mine _____ upon them; I have
_____ them with the _____ of my _____: their own way have I
_____ upon their _____, saith the LORD God."

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41. Which should we follow, the commandments of God, or the traditions of men?

Matthew 15:6-9 tells us:

 They made the commandment of _____ of _____ effect by their _____.

 They draw _____ to God with their _____ and _____ Him with their _____.

 But their _____ is _____ from Him

 They worship Him in _____ because they _____ for _____ the commandments of _____.

42. Can we add to or take away from the commandments of God? Deuteronomy 4:2 "Ye shall not _____ unto the word which I _____ you, neither shall ye _____ ought from it, that ye may _____ the commandments of the _____ your _____ which I command you."

43. What will happen to those who alter the word of God? Revelation 22:18,19

"For I testify unto _____ man that heareth the words of the prophecy of this book, If any man shall _____ unto these things, God shall _____ unto him the _____ that are written in this book: And if any man shall _____ from the words of the book of this prophecy, God shall _____ his _____ out of the book of _____, and out of the holy _____, and from the _____ which are written in this book."

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

Can man reverse it? Numbers 23:19-20 YES NO

"God is not a _____, that he should _____; neither the son of man, that he should repent: hath he _____, and shall he not _____ it? or hath he _____, and shall he not _____ it good? Behold, I have _____ commandment to bless: and he hath _____; and I cannot _____ it."

45. When God blesses, for how long is it blessed? 1 Chronicles 17:27 "Now therefore let it please thee to _____ the house of thy servant, that it may be before thee for ever: for thou _____, O Lord, and it shall be _____ for _____."