

## TRAVELING ON THE SABBATH

*Avoid travelling on the Sabbath:* “If we desire the blessing promised to the obedient, we must observe the Sabbath more strictly. I fear that we often travel on this day when it might be avoided. In harmony with the light which the Lord has given in regard to the observance of the Sabbath, we should be more careful about traveling on the boats or cars on this day. In these matters we should set a right example before our children and youth.” (6T 359).

*Exceptional circumstances:* “In order to reach the churches that need our help, and to give them the message that God desires them to hear, it may be necessary for us to travel on the Sabbath; but so far as possible we should secure our tickets and make all necessary arrangements on some other day. When starting on a journey we should make every possible effort to plan so as to avoid reaching our destination on the Sabbath.” (6T 359).

*Avoid the company of unbelievers:* “When compelled to travel on the Sabbath we should try to avoid the company of those who would draw our attention to worldly things. We should keep our minds stayed upon God and commune with Him.” (6T 360).

*Relieve the suffering:* “We should always be ready to relieve suffering and to help those in need. In such cases God desires that the knowledge and wisdom He has given us should be put to use. But we should not talk about matters of business or engage in any common, worldly conversation. At all times and in all places God requires us to prove our loyalty to Him by honoring the Sabbath.” (6T 360).

## SABBATH MEETINGS

*Believers must meet together:* “Christ has said: “Where two or three are gathered together in My name, there am I in the midst of them.” Matthew 18:20. Wherever there are as many as two or three believers, let them meet together on the Sabbath to claim the Lord's promise.” (6T 360).

*Preaching to be short:* “The preaching at our Sabbath meetings should generally be short. Opportunity should be given for those who love God to express their gratitude and adoration.” (6T 361).

*Appoint a leader:* “When the church is without a minister, someone should be appointed as leader of the meeting. But it is not necessary for him to preach a sermon or to occupy a large part of the time of service. A short, interesting Bible reading will often be of greater benefit than a sermon. And this can be followed by a meeting for prayer and testimo-

ny.” (6T 361).

*Bring life in your teaching:* “Those who occupy a leading position in the church should not exhaust their physical and mental strength through the week so that on the Sabbath they are unable to bring the vivifying influence of the gospel of Christ into the meeting. Do less temporal, everyday labor, but do not rob God by giving Him, on the Sabbath, service which He cannot accept. You should not be as men who have no spiritual life. The people need your help on the Sabbath. Give them food from the word. Bring your choicest gifts to God on His holy day. Let the precious life of the soul be given to Him in consecrated service.” (6T 361).

*No sleeping to be allowed:* “Let none come to the place of worship to take a nap. There should be no sleeping in the house of God. You do not fall asleep when engaged in your temporal business, because you have an interest in your work. Shall we allow the service which involves eternal interests to be placed on a lower level than the temporal affairs of life?” (6T 361).

*Withdrawal not for Christian:* “Never think that you can be Christians and yet withdraw yourselves within yourselves. Each one is a part of the great web of humanity, and the experience of each will be largely determined by the experience of his associates.” (6T 362).

*Remove all evil from your heart:* “As you enter the place of worship, ask the Lord to remove all evil from your heart. Bring to His house only that which He can bless.” (6T 362).

How to keep the  
**Sabbath**  
Day holy

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**T**he keeping of the Sabbath or violation thereof, according to King Solomon, relates to thinking, speaking, acting and the place where one finds himself on that day.

## NEED FOR REFORMATION

*Importance of the Sabbath:* “The Sabbath is a golden clasp that unites God and His people.” (6T, 351).

“God has set His seal upon His royal requirement. Each sabbath institution bears the name of its author, an ineffaceable mark that shows the authority of each. (6T, 352).

“In establishing new churches, ministers should give careful instruction as to the proper observance of the Sabbath. (6T, 353).

## SABBATH PREPARATIONS

*Keep Sabbath in mind:* “All through the week we are to have the Sabbath in mind and be making preparation to keep it according to the commandment.” (6T, 353).

*To be kept in the home first:* “In all that pertains to the success of God's work, the very first victories are to be won in the home life. Here the preparation for the Sabbath must begin.” (6T, 354).

**Maintain family altar:** “Each morning and evening present your children to God as His blood-bought heritage. Teach them that it is their highest duty and privilege to love and serve God.” (6T 354).

*No work on the Sabbath:* “When the Sabbath is thus remembered, the temporal will not be allowed to encroach upon the spiritual. No duty pertaining to the six working days will be left for the Sabbath. During the week our energies will not be so exhausted in temporal labor that on the day when the Lord rested and was refreshed we shall be too weary to engage in His service.” (6T 354).

*Friday a special preparation day:* “While preparation for the Sabbath is to be made all through the week, Friday is to be the special preparation day.” (6T 354).

*Settle your differences:* There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, “confess your faults one to another, and pray one for another, that ye

may be healed.” James 5:16. (6T 356).

*Special attention to dress:* “Many need instruction as to how they should appear in the assembly for worship on the Sabbath. They are not to enter the presence of God in the common clothing worn during the week. All should have a special Sabbath suit, to be worn when attending service in God's house.” (6T 355).

*Neat and trim:* “We are to be neat and trim, though without adornment. The children of God should be pure within and without.” (6T 355).

*All preparation completed on Friday:* On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness and that all the cooking is done. Let the boots be blacked and the baths be taken. It is possible to do this. If you make it a rule you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. (6T 355).

*Secular papers out of sight:* “Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight. (6T 355).

*Give your employees off:* “Whenever it is possible, employers should give their workers the hours from Friday noon until the beginning of the Sabbath.” (6T 356).

*Withdraw from worldly business:* “Before the Sabbath begins, the mind as well as the body should be withdrawn from worldly business. God has set His Sabbath at the end of the six working days, that men may stop and consider what they have gained during the week in preparation for the pure kingdom which admits no transgressor. (6T 356).

## SABBATH IN A HOME

*Assemble for worship before sunset:* “Before the setting of the sun let the members of the family assemble to read God's word, to sing and pray. There is need of reform here, for many have been remiss. We need to confess to God and to one another.” (6T 356).

*Wake up early Sabbath morning:* “On Sabbath morning the family should be astir early. If they rise late, there is confusion and bustle in preparing for breakfast and Sabbath school. There is hurrying, jostling, and impatience. Thus unholy feelings come into the home. The Sabbath, thus desecrated, becomes a weariness, and its coming is dreaded rather than loved.” (6T 357).

*Eat less on the Sabbath:* “We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this the food should be more simple, and less should be eaten, in order that the mind may be clear and vigorous to comprehend spiritual things.” (6T 357).

*Provide a treat for the Sabbath:* “While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive. Provide something that will be regarded as a treat, something the family do not have every day.” (6T 357).

*Each to read a verse:* “At family worship let the children take a part. Let all bring their Bibles and each read a verse or two. Then let some familiar hymn be sung, followed by prayer. For this, Christ has given a model. The Lord's Prayer was not intended to be repeated merely as a form, but it is an illustration of what our prayers should be--simple, earnest, and comprehensive.” (6T 357).

*Parents to watch their children:* “The Sabbath school and the meeting for worship occupy only a part of the Sabbath. The portion remaining to the family may be made the most sacred and precious season of all the Sabbath hours. Much of this time parents should spend with their children. In many families the younger children are left to themselves to find entertainment as best they can. Left alone, the children soon become restless and begin to play or engage in some kind of mischief. Thus the Sabbath has to them no sacred significance.” (6T 358).

*Take children for a walk:* “In pleasant weather let parents walk with their children in the fields and groves. Amid the beautiful things of nature tell them the reason for the institution of the Sabbath. Describe to them God's great work of creation.” (6T 358).

*Close Sabbath with hymn and prayer:* “As the sun goes down, let the voice of prayer and the hymn of praise mark the close of the sacred hours and invite God's presence through the cares of the week of labor.” (6T 359).

*Most joyous day of the week:* “Thus parents can make the Sabbath, as it should be, the most joyful day of the week. They can lead their children to regard it as a delight, the day of days, the holy of the Lord, honorable.” (6T 359).

*Parents to be exemplary:* “If you desire your children to observe the Sabbath according to the commandment, you must teach them by both precept and example.” (6T 359).