

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).

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 testimony.” (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).

Physicians can work on the Sabbath. “It may be necessary to devote even the hours of the holy Sabbath to the relief of suffering humanity. But the fee for such labor should be put into the treasury of the Lord to be used for the worthy poor, who need medical skill but cannot afford to pay for it.” (MM, p. 216).

Dish washing: “I would charge all not to wash their dishes on the Sabbath if this can possibly be avoided.” (3SM p. 258).

Board/Business meetings. “Those who discuss business matters or lay plans on the Sabbath are regarded by God as though engaged in the actual transaction of business.” (PP, p. 307.3).

No selling or buying. “A great mistake has been made by some who profess present truth, by introducing merchandise in the course of a series of meetings and by their traffic diverting minds from the object of the meetings....These traffickers might have pleaded as an excuse that the articles they held for sale were for sacrificial offerings. But their object was to get gain, to obtain means, to accumulate.” (1T 471.2). Also read Isa. 56:7; 1T 471-472; 8T 250; Nehemiah 13:15, 21; 10:31.

Sabbath 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 355.2). Also read 2SM p. 474-475.

Sleeping on the Sabbath. “Let not the precious hours of the Sabbath be wasted in bed. 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 357.1). Also read 2 T p.704.

Taking a full Bath on the Sabbath. “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...Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight. Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment.” (6T 355.3).

A great need for Sabbath Reform

THE LOUD CRY HERALD MINISTRY
Box 315, Katima Mulillo, Namibia, 9000
Web. www.theloudcryherald.com
Email: josh@theloudcryherald.com

There is need for Sabbath reform among God's people. The Sabbath is the golden clasp that unites God and His people (6T, 351) and he "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).

The keeping of the Sabbath or violation thereof, relates to thinking, speaking, acting and the place where one finds himself on that day. All these constitute Sabbath violations. Therefore, "In establishing new churches, ministers should give careful instruction as to the proper observance of the Sabbath." (6T, 353). Such instructions should include, among others, the following:

Sabbath preparations. "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).

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).

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).

No working on the Sabbath. "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." (Gen. 2:2-3). Also read Exodus 20:8-11; 16:23 and Lev. 23:3. "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).

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).

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).

Avoid worldly conversations. In order to keep the Sabbath holy, it is not necessary that we enclose ourselves in walls,

shut away from the beautiful scenes of nature and from the free, invigorating air of heaven. We should in no case allow burdens and business transactions to divert our minds upon the Sabbath of the Lord, which He has sanctified. We should not allow our minds to dwell upon things of a worldly character even. But the mind cannot be refreshed, enlivened, and elevated by being confined nearly all the Sabbath hours within walls, listening to long sermons and tedious, formal prayers. The Sabbath of the Lord is put to a wrong use if thus celebrated. The object for which it was instituted is not attained. The Sabbath was made for man, to be a blessing to him by calling his mind from secular labor to contemplate the goodness and glory of God. It is necessary that the people of God assemble to talk of Him, to interchange thoughts and ideas in regard to the truths contained in His word, and to devote a portion of time to appropriate prayer. But these seasons, even upon the Sabbath, should not be made tedious by their length and lack of interest. (2T 583.1).

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).

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).

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).

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).

Keep the 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).

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).

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).

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).

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).

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.